



environmental**recipes**

FOG

Water
Pollution

Recycling

Hazardous
Waste



Fat-free Recipe for Healthy Plumbing

Fats, oil and grease (FOG) don't just clog your arteries, they also clog your pipelines! Many meals are prepared containing FOG. All too often FOG is poured down the sink. Once FOG enters the drain, it begins to build up in the pipes and can eventually cause blockages, backups, and overflows. Use the fat-free recipe below to ensure fat-free and clog-free household plumbing...

Prep: quick and easy!

Serves: entire family!

Ingredients

• Paper towels

Scrape and dry-wipe pots, pans and dishes with paper towels and dispose of materials in the trash before washing.

• Tin can

Pour fats, oils and grease into a container such as an empty tin can. Once the materials have cooled and solidified and the container is full, secure the lid and place it in the trash.

• Sink strainer

Use sink strainers to catch food items, and empty in the trash.



Green Recipes

Green rating: ★★★★★



Difficulty: easy

Sources of FOG

- Food scraps
- Meat fats
- Lard
- Cooking oil
- Butter, margarine

Prevent grease-related overflows of sewage! Keep fat, oil and grease out of the sewer system!

Root Growth

The water found in pipelines attract tree roots through pipe joints. The roots can eventually grow, causing costly blockages and overflows. Avoid planting trees and shrubs near sewer lines.



Additional Information

- Fats, oil and grease coat pipes similar to the way that fatty foods clog human arteries. The material clings to the inside of the pipe, eventually causing a blockage.
- Expensive home plumbing bills are often the result of grease-clogged pipelines.
- Many people are unaware that pouring hot water and detergent down the drain only breaks up grease temporarily. Grease should never be poured down the drain. If small amounts of grease accidentally get into your drain, immediately flush drain with cold water.



For more information on water pollution prevention, please go to the City of Fountain Valley website at www.fountainvalley.org or to the Orange County website at www.ocwatersheds.com.

City of Fountain Valley, 10200 Slater Avenue, Fountain Valley, CA 92708

Phone: (714) 593-4400 Email: fvproud@fountainvalley.org Website: <http://www.fountainvalley.org>