Grease is one of the leading causes of sewer clogs and overflows.

Grease clogs sewer pipes in much the same way that fatty foods clog human arteries. The grease clings to the inside of the pipe and builds up over time, eventually causing a complete blockage.

Many people believe pouring hot water down the drain will prevent grease clogs. But this only pushes the grease further down the pipe. Hot water cools rapidly and when it does, the grease will harden and adhere to the pipe.

Grease-caused clogs in your home’s pipes can result in costly plumbing bills. Sewer overflows can damage property, cause health hazards, and threaten the environment.

Learn more by viewing our video on Fats, Oils and Grease (FOG) here: http://www.centralsan.org/index.cfm?navid=351
Putting grease, fats, oils and other byproducts of your cooking down the kitchen sink can clog your pipes and lead to sewer blockages and overflows.

**Here are five ways you can avoid this:**

1. Never allow these items to go down the drain or garbage disposal:
   - Cooking grease
   - Greasy/fatty foods
   - Bacon fat/lard/shortening
   - Meat drippings
   - Frying oil
   - Salad oil
   - Butter/margarine
   - Dairy products
   - Soups
   - Sauces

2. Put meat trimmings and greasy or fatty food scraps in the trash rather than down the garbage disposal. Even if your disposal has no problem grinding them up, those food scraps must travel through your small sewer pipe and may cause a clog, especially if the pipe has been infiltrated by tree roots (the number-one cause of sewer clogs and overflows).

3. Pour grease and cooking oil into a disposable container (such as a milk carton or lidded coffee can), freeze/allow to solidify or add absorbent material, then put it in the trash.

4. Wipe greasy pots, pans and dishes with a paper towel prior to washing them. If you soak greasy items, before pouring that soaking water down the sink, place a paper towel over the drain to catch the grease and food particles.

5. Bring large quantities of grease and cooking oil (such as from a turkey deep fryer) to our Household Hazardous Waste Collection Facility for recycling. Call 1-800-646-1431 for more information.

---

Central San’s Household Hazardous Waste Collection Facility is located at 4797 Imhoff Place in Martinez. Each year, people bring about 3,000 gallons of used cooking oil and grease to the Facility for free disposal. We provide it to a Bay Area refiner that uses it in the production of sustainable, low-emission biofuels.