

What Can I Do?

Follow a few simple steps to help prevent sewer backups:

1. Pour cooled fats, oils and grease into a covered, disposable container and throw it into your garbage. Never pour fats, oils or grease down sink drains or toilets. **COOL IT, CAN IT & TRASH IT.**



2. Soak up remaining fats, oils and grease with a paper towel and dispose with your food and yard waste.

3. Before you wash dishes, scrape food scraps from your plates, pots, and pans into your food and yard waste cart. See back panel for additional information.



4. Avoid using your garbage disposal. Use sink strainers to catch any remaining food waste while washing dishes.



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Here is how you dispose of food scraps.

Fight F.O.G.

Keep Fats, Oils & Grease Out of Your Drain!



Food scraps includes:

- Fruit, vegetables, bread, pasta, grains
- Eggshells, nutshells
- Coffee grounds, filters, tea bags
- Meat, fish, shells and bones
- Milk, butter and cheese

Food-soiled paper includes:

- Paper towels & napkins (*kitchen only*)
- Paper plates (*uncoated only*)
- Food-soiled newspaper
- Greasy pizza boxes
- Shredded paper
- Paper bags (uncoated) with food scraps

Remember: Left over cooking grease goes in the trash.

COOL IT, CAN IT & TRASH IT.

For more information, contact (206) 684-3000 or visit us at www.seattle.gov/util/

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What is F.O.G.?

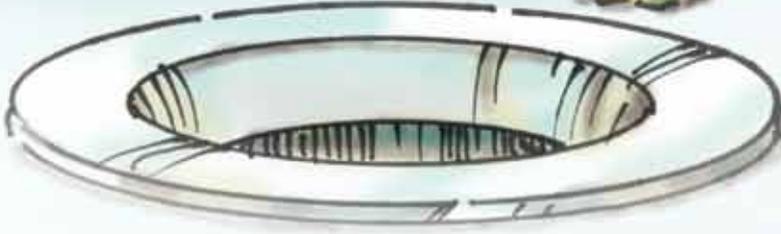
F.O.G. stands for **Fats, Oils & Grease** and are found in common food and food ingredients such as: meat, fish, butter, cooking oil, mayonnaise, gravies, sauces and food scraps.

If poured down the drain or into your garbage disposal, F.O.G. will build up over time by sticking to your side sewer. This could eventually cause an expensive sewer backup into your home or our natural water system.

How does F.O.G. affect me?

F.O.G. down the drain causes up to a third of all sewage backups in Seattle. This can result in potential public health issues and pollution problems.

Homeowners are liable for ALL clean-up costs related to a homeowner-caused sewer backup according to Seattle Municipal Code 21.16. Such costs can include damage to adjoining properties and cost to relieve and repair the sewer system.



Don't let F.O.G. clog your drain.