

## Cease the Grease

A Guide for Homes, Businesses, and Food Establishments on  
Proper Disposal of Fat, Oil, and Grease (FOG)



One of the biggest problems facing the city's sewer system is common fat, oil and grease (FOG) from cooking.

Fat, oil and grease in liquid form may not appear to be harmful, but as it cools it congeals and hardens. It sticks to the inner lining of sewer pipes creating a build up and blockages.

Removing FOG is an expensive and unpleasant clean-up and is often the responsibility of the home or business owner.

The City of Stillwater Environmental Programs Division is working hard to spread the word and Cease the Grease.

### Do's and Don'ts of Proper Grease Disposal for Homes and Businesses

#### Do's:

- ☺ Dispose of FOG in the proper place.  
Homes: Recycle at the Stillwater Convenience Collection Center or dispose of in the trash.  
Businesses: Through a contracted hauler using a properly maintained grease trap or interceptor.
- ☺ Dry wipe pan/plate/utensil with a disposable towel and throw towel in trash.
- ☺ Use a rubber spatula to scrape into the trash as much of the grease off of the pan/plate as possible.
- ☺ Rinse the pan/plate/utensil with cold water before putting in the dishwasher or washing with hot water.
- ☺ Use drain screens (strainers) in sinks to catch food waste and dispose of in the trash.

#### Don'ts:

- ☹ Pour used FOG down the drain!
- ☹ Put food scraps down the drain.
- ☹ Rinse the pan/plate/utensil with hot water.
- ☹ Use chemicals to remove grease clogs. They do not dissolve the grease, only move the problem further down the line.

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