

## FATS, OILS, AND GREASE (FOG) AREN'T JUST BAD FOR YOUR ARTERIES AND YOUR WAISTLINE; THEY'RE BAD FOR SEWERS!

Sewer overflows and backups can cause health hazards, damage home and business interiors, and threaten the environment. Common causes for sewer backups are pipes blocked by grease that has been poured down household drains.

### WHERE DOES GREASE COME FROM?

Grease is often the by-product of cooking. It can be found in such things as:

- Meat fats
- Lard, shortening
- Cooking oil
- Butter and margarine
- Food scraps
- Baking goods, pastries
- Sauces, salad dressings, mayonnaise
- Dairy products, cream, milk, yogurt, ice cream, cheese

Unfortunately, grease is often washed into the plumbing system, usually through the kitchen sink. It sticks to the insides of sewer pipes (both on your property and in the streets). Over time, the grease can build up, making the pipe narrower until it blocks the entire pipe.

Home garbage disposals do not keep grease out of the plumbing system! These units only shred solid material into smaller pieces and do not prevent grease from going down the drain.

When cooking, you should never pour hot grease down the drain, as it will only harden, cause FOG build-up, and likely clog your drain.

CAMBRIDGE  
DEPARTMENT  
OF PUBLIC  
**THE  
WORKS**

ADDITIONAL INFORMATION



City of Cambridge  
Department of Public Works  
147 Hampshire Street  
Cambridge, MA 02139



P: (617) 349-4800



[www.CambridgeMA.gov/theworks/FOG](http://www.CambridgeMA.gov/theworks/FOG)

Help keep Cambridge Sewers FREE of grease!

**PREVENT THE CLOG**  
.....  
**TRASH THE FOG**  
(FATS, OILS, & GREASE)



COOL IT



CAN IT



TRASH IT

[WWW.CAMBRIDGEMA.GOV/THEWORKS/FOG](http://WWW.CAMBRIDGEMA.GOV/THEWORKS/FOG)

Questions? Call 617-349-4800

# FAT-FREE SEWERS

## How to Prevent Fats, Oils, and Grease from Damaging Your HOME



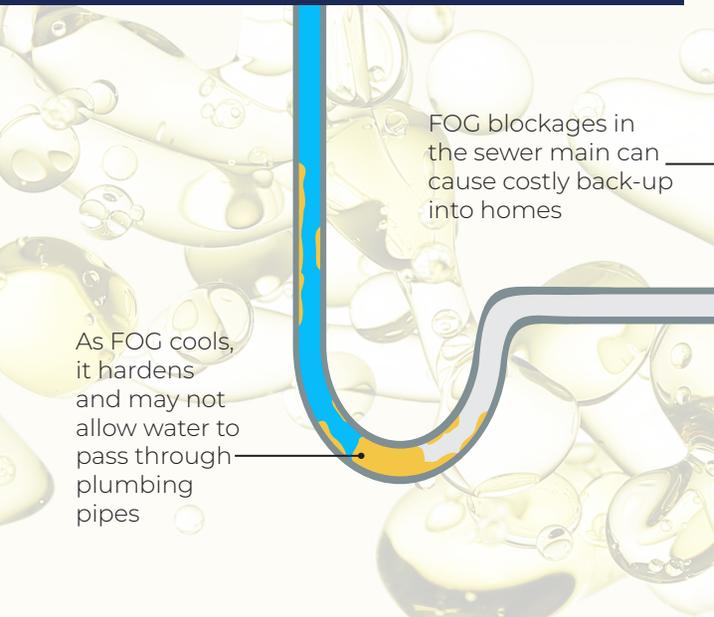
CITY OF CAMBRIDGE

2023

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While cooking, FOG is hot and in liquid form, moving down the drain easily



FOG blockages in the sewer main can cause costly back-up into homes

As FOG cools, it hardens and may not allow water to pass through plumbing pipes

## PREVENT THE CLOG TRASH THE FOG (FATS, OILS, & GREASE)



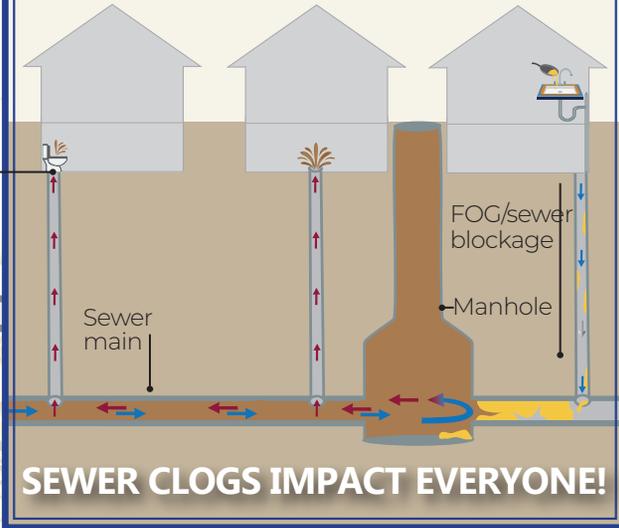
COOL IT



CAN IT



TRASH IT



SEWER CLOGS IMPACT EVERYONE!

### SEWER CLOGS RESULT IN:

- Sewage backups into homes, streets, and waterways, polluting the environment
- Potential contact with disease-causing organisms
- Expensive cleanup, repair costs, and inconvenience
- Higher operating costs for Department of Public Works, resulting in increases to sewer bills for customers
- Foul and unpleasant odors

### QUESTIONS?

Call: (617) 349-4800

## THE DO'S AND DON'TS OF FOG!

The easiest way to solve the grease problem and help prevent sewage overflows is to keep FOG out of the sewer system.

**DO** pour cooled oil or grease into a container; then seal and discard with your regular trash



**DON'T** pour oil or grease down sink drains or into toilets



**DO** wipe off oil and grease from pots, pans, dishes, and cooking surfaces



**DON'T** wash fryers, pots, pans, and plates with water until oil and grease are removed



**DO** put baskets/strainers in sink drains to catch food scraps; then empty contents into the compost



**DON'T** dispose of food scraps down sink drains



**DO** scrape food scraps into the compost

