

TOWN OF ROCKPORT, MASSACHUSETTS

FOG FACT SHEET

WHAT IS FOG?

FOG is Fat, Oil, and Grease. It comes from food preparation and from food products, such as:

- Meat Fats
- Lard
- Cooking oil
- Shortening
- Butter & margarine
- Food scraps
- Baked goods
- Sauces
- Dairy products

WHAT DOES FOG DO?

When FOG gets into the sewer lines it can cause blockages and backups. This can cause damage to homes and businesses, as well as create a public health problem.

HOW TO PREVENT FOG BUILDUP:

- DO NOT dump fats, oil, and grease down the sink or floor drain or into toilets
- DO NOT rinse dishes in hot water (more than 140°F) – this may “melt” grease, but it will reform in the sewer main
- DO NOT put FOG sources (e.g. meats, fried foods) down the garbage disposal
- DO NOT use additives that “degrease” – many of these temporarily break up FOG, and it can reform in the sewer main
- DO NOT hose down floors and work areas into floor drains that do not have grease traps

- DO regularly clean and maintain grease traps/interceptors
- DO collect FOG in containers and dispose of in the trash
- DO scrape all food and FOG from plates, pots, and pans prior to washing and dispose of in trash
- DO dry wipe pots and pans
- DO use less FOG in cooking and baking