



## Dispose of Fats, Oils & Grease (FOG) Properly

### *Fats, oils and grease include:*

- Vegetable-based cooking oils, and
- Animal-derived fats (milk, butter, lard, meat drippings, pet food and fast-food products).

- **Pour or place FOG in disposable containers,** cover and throw them out in the trash.

- **DO NOT put food scraps in the garbage disposal** – this shreds solids into smaller

pieces but doesn't prevent grease from doing down the drain. Instead, use a strainer in the sink to catch food scraps and discard them in the trash.



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