

FOG – Fats, Oil, Grease Grease Traps/Interceptors Best Practices

What is FOG?

Fats, oils and greases (FOG) are found in most restaurants — from cooking oil spilled on the floor to leftover hollandaise on customers' plates, and even airborne hamburger grease stuck to your ventilation hood. All this FOG must go somewhere and it usually ends up in your sewer pipes via the dishwasher, floor drains or the mop sink.

Pouring or washing FOG down the drain causes it to solidify, accumulate and narrow the pipe's internal opening. Eventually, FOG can completely clog the inside of the pipe, causing sewage to back up into your business, or onto the streets and into storm drains.

These sanitary sewer overflows (SSOs) can:

- Harm our rivers, lakes and streams
- Cause foul odors for customers and lead to business closures
- Release bacteria, viruses and other pathogens, spreading disease and endangering public health

SSOs are also expensive to clean up. If they occur on private property, the cost is usually borne by the property owner. You could also face civic fines and business closures if the SSO is found to be your fault.

FOG is ...

BATTERS

BUTTER/MARGARINE

COOKING OILS

DAIRY PRODUCTS

DRESSINGS

FOOD SCRAPS

GREASE FROM COOKING

GREASE FROM
VENTILATION HOODS

GRIDDLE SCRAPINGS

ICING

LARD

MEAT FATS

SAUCES

SHORTENING



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Do This First

Contact your sanitation district (city or county municipality). They will be happy to help you avoid pitfalls and might even have free resources (e.g., posters, log books).

Steps to Take

There are three steps you must take to keep FOG in its proper place:

- 1) ensure you have the correct equipment,
- 2) service that equipment and
- 3) modify employee behavior.

• FOG TOOLKIT



Fog Toolkit.pdf

FOG Best Management Practices

Follow these practices to ensure you don't clog up your pipes

MUST DO

Don't pour excess oil or grease down the drain. Pouring excess oil or grease down the drain is a big no-no. You should collect "yellow grease" in special bins for rendering by a third-party contractor.

Scrape all extra grease and greasy food scraps off plates and cookware before using pre-rinse spray valve and dishwasher. Dispose of excess grease in the trash or recycle it as part of a food waste recycling program.

Install drain screens, particularly in your sinks, to help prevent much of the grease and food particles from clogging your pipes.

Wipe up grease with a paper or cloth towel before using water and soap to clean the floor to minimize grease washing down your drains.

Only put non-greasy foods (e.g., raw vegetables) into your garbage disposal to minimize the amount of grease ending up in your drains.

Make sure your employee training materials include these kitchen BMPs, grease control device cleaning and other steps into all your employee training materials.

SMART PRACTICES

Keep these BMPs "top of mind" by requiring refresher training for your employees. Many sewer agencies require foodservice businesses to keep log sheets documenting their continued employee training, and most require annual refresher training.

Periodically clean your lateral sewer line to prevent blockages and SSOs. Sewer agencies typically don't clean these pipes, so these lines can accumulate FOG and become blocked over time, causing an SSO.

Avoid overflows by inspecting your private sewer lateral lines periodically using closed circuit television. Private plumbing contractors typically perform these inspections, which can also identify potential structural issues such as cracks, breaks, or root infiltration.

Wash out your ventilation hoods regularly to prevent excessive FOG accumulation. Periodically clean the vents and grease pans on your roof as well. Make sure you put the leftover cleaning water and FOG in either your grease interceptor or via an offsite disposal method.

Additional Grease Trap Facts for FOG

2009 IPC

Section 1003.3.1

- A GREASE INTERCEPTOR... shall be required to receive the drainage from fixtures and equipment with grease laden waste located in food preparation areas, such as in restaurants, hotel kitchens, hospitals, school kitchens, bars, factory cafeterias and clubs.
- Grease Interceptors ... shall receive waste only from fixtures and equipment that allow for FOG to be discharged.



Additional Grease Trap Facts for FOG cont...

2009 IPC

Section 1003.3.1

- Only from fixtures and equipment that allow for FOG to be discharged.

Fixtures and equipment shall include (*but are not limited to*):

- Floor drains or sinks which kettles are drained
- Automatic hood washers
- Dishwashers without pre-rinse sinks
- Pot sinks
- Pre-rinse sinks
- Soup kettles, or similar
- Wok stations



Additional Grease Trap Facts for FOG cont...

2009 IPC

Section 1003.3.1

- Only from fixtures and equipment that allow for FOG to be discharged.



PDI G101 recommends that a dishwasher discharge into a dedicated grease interceptor. Tested to 150°F.

