

Fats, Oils and Grease (FOG): Food Service Establishment Best Management Practices Manual

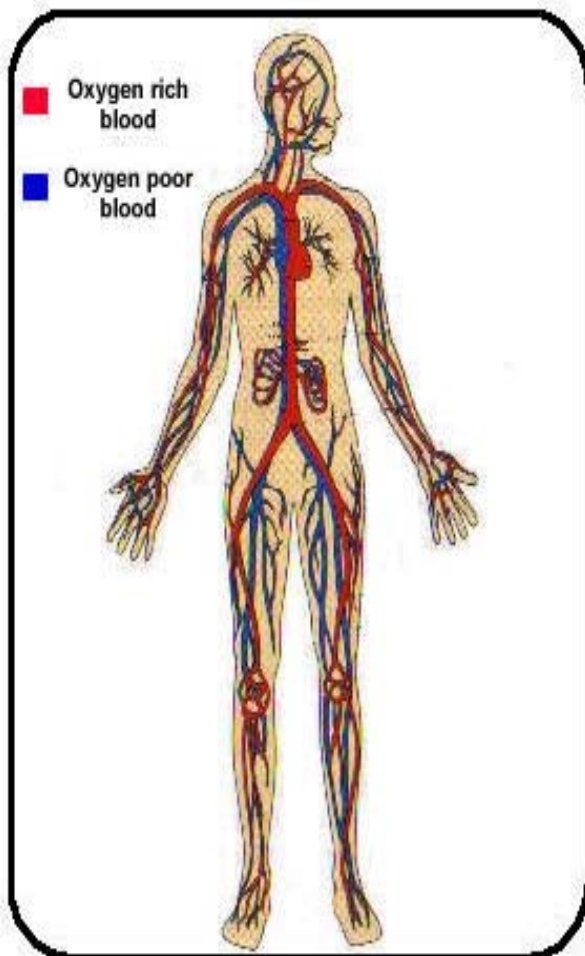


What is FOG

FOG is a shorthand way of saying Fats, Oils and Grease. FOG is composed of animal and vegetable fats and oils that are used to cook and prepare food. FOG should be recycled for use in other products, properly disposed of or land applied.

Why is FOG a Problem?

FOG can also cause backups in your sewer lines that can send sewage into your home or restaurant. That is an open invitation for disease and illness.



A wastewater system is similar to the human body. Wastewater flows through pipes (arteries), is pumped at pump stations (heart) and cleaned by the wastewater plant (kidneys).

FOG clogs the pipes in the sewer system just like cholesterol clogs arteries. This makes the pumps work harder and can cause them to fail, just like having a heart attack.

Train Your People



Train and educate your kitchen staff and other employees about how they can help follow the Best Management Practices once implemented.

People are more willing to support an effort when they understand the basis for it.

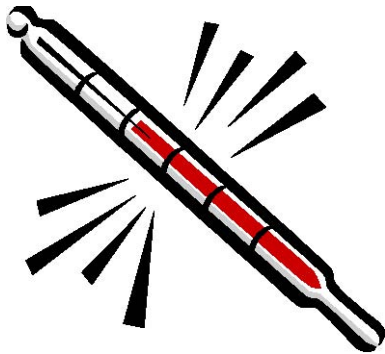
Conspicuously Post No Grease Signs



Post these signs in restrooms, over sinks, near all floor drains, dishwashers and anywhere else where water may enter a drain to the sewer.

Signs serve as a constant reminder for staff working with FOG.

Use the Most Appropriate Water Temperature



Use water temperature of less than 140° F in all sinks especially the pre-rinse sink before using a mechanical dishwasher.

Temperatures in excess of 140° F will dissolve grease, but it can solidify in the sewer system as the water cools.

Water from mechanical dishwashers should not be discharged through a grease trap or interceptor.

Recycle Waste Cooking Oil

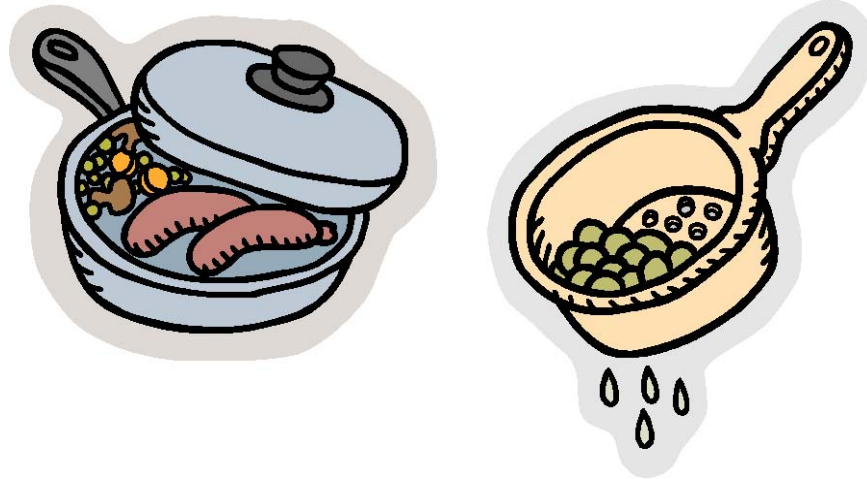


There are many companies that specialize in taking waste cooking oil from fryers and other types of equipment and making animal feed or fuels, such as bio-diesel from it.

Recycling reduces the amount of wastes that have to be disposed of as solid waste, and helps to prolong the life of any grease traps and interceptors.

It also keeps the FOG out of the sewer system.

Dry Wipe All Pots, Pans and Plates



Use a paper towel or scraper to dry wipe pots, pans, dishware and food preparation surfaces before washing.

Dry wiping the FOG and food items that remain in pots, pans and dishware before washing will keep the FOG out of the grease traps and interceptors.

This will result in less frequent cleaning of the grease interceptor and trap, thus resulting in lower maintenance costs.

Check to Ensure Your Grease Interceptor is Cleaned Thoroughly



You are ultimately responsible for the FOG Control at your place of business. Witnessing the cleaning of your Trap or Interceptor will ensure the complete removal of all grease and solids.

The grease hauler should pump out the interceptor or trap completely and clean the sides and any baffles.

Properly Dispose of Food Waste



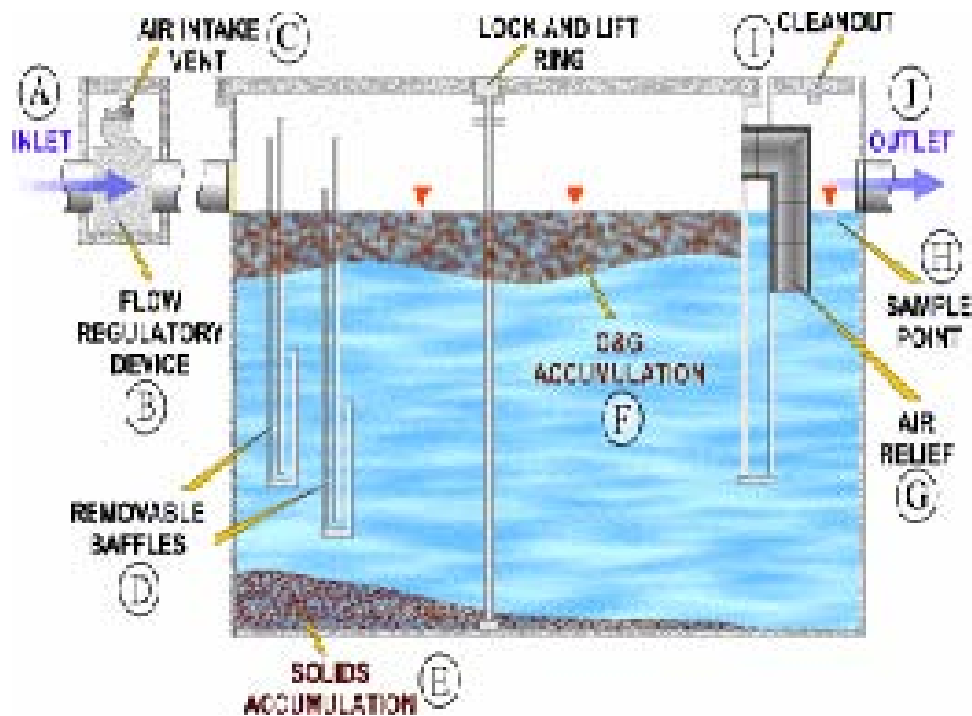
Food should never be poured down the drain or into a toilet.

Recycling of food wastes is the best option for a food service establishment.

Recycling of food wastes will reduce solid waste disposal costs, and the need to frequently clean grease traps and interceptors.

Where food wastes cannot be recycled, they should be disposed of.

Clean Under Sink Grease Traps at Least Weekly

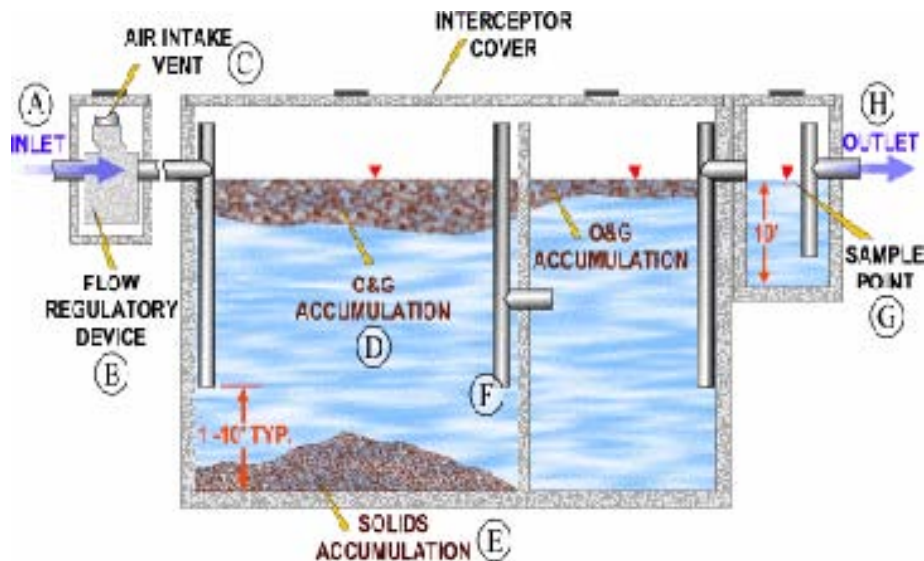


Under sink traps have less volume than outside grease interceptors and require more frequent cleaning. Weekly cleaning of the traps by the establishment's staff will reduce maintenance costs.

Empty trap completely and wipe down all surfaces and baffles. The water may be run through the trap again when finished.

Place recovered grease in a proper disposal container. It can go in a dumpster, if it is in a closed container. Do not pour grease down any drains or in any toilets.

Clean Grease Interceptors at Least Every Three Months



Grease interceptors must be cleaned quarterly to ensure that the grease accumulation does not interfere with proper operation.

The cleaning frequency is dependent on the type of establishment, the size of the interceptor, and the volume of flow discharged to the interceptor. Quarterly cleaning will prevent the plugging of the sewer line between the food service establishment and the sanitary sewer system. A backup will require a plumber to unplug the line and this could pose a serious health risk to workers and patrons.

Keep a Maintenance Log and All Service Records



The log serves as a record of the frequency and volume of cleaning the grease interceptor or trap.

The record also helps the food service establishment maintain compliance with its permit, and affords any inspector the opportunity to verify compliance. The inspector will ask to see your records. Service records verify the accuracy of the log.

The log can optimize the cleaning frequency in order to reduce costs.

Cover Grease Containers Stored Outdoors



Uncovered FOG containers can collect rainwater. Since FOG floats, the rainwater can overflow the container and flow onto the ground where it can reach the storm water system.

Any discharge to the storm water system may result in adding biological or chemical demand to local receiving waters.

The discharge might also result in legal penalties being imposed on the food service establishment.

Locate Dumpsters and FOG Containers Away From Storm Drains



A release of FOG can degrade water quality in receiving streams in the area by adding biological and chemical demand to the stream. Discharging of FOG into storm drains can also result in fines and other legal actions.

The further away a storm drain is from where FOG is stored, the more time someone has to clean up any spills. BE AWARE of FOG dripping out of containers or dumpsters and clean up quickly.

Use Absorbent Pads for All Spills

Absorbent pads can help to clean up grease and oil that has spilled on the ground near outdoor equipment, containers or dumpsters. The absorbent pads prevent the spill from entering the storm drain system when it rains.



DO NOT use absorbent material such as “kitty litter,” or saw dust since they can flow into the storm drains when it rains.

Images are from C & H distributors: www.chdist.com

Routinely Clean Exhaust Hoods

If FOG escapes through the kitchen exhaust system, it can accumulate on the roof of the house or restaurant and eventually start a fire or enter the storm drain when it rains.





DO

- **Scrape excess grease into a sealed container and dispose of it in the trash or containers specifically designated for grease.**
- **Place food scraps in waste containers or garbage bags for disposal with solid wastes, or start a compost pile; promote the practice of scraping dishware prior to washing.**
- **Place a wastebasket in the bathroom to dispose of wastes.**
- **Promote the use of the 3 "R's" Reduce, Reuse and Recycle.**



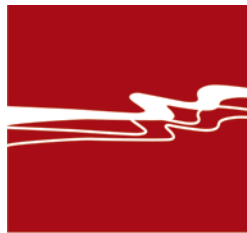


DO NOT

- **Discharge fats, oils, and grease in concentrations that can cause an obstruction to the flow in a sewer.**
- **Place FOG from cooking in the kitchen or bathroom sinks or in the toilet.**
- **Discharge butchering waste of any kind within the sewer system.**
- **Discharge wastewater with temperatures in excess of 140° to any grease trap.**
- **Discharge waste from a food waste disposal unit to any grease traps.**
- **Discharge caustics, acids, solvents, soaps, enzymes, or other emulsifying agents into sinks that feed grease traps and/or interceptors.**
- **Discharge fats, wax, grease or oils containing substances that will become viscous between 32° F (0° C) and 150° F (65° C).**
- **Utilize biological agents, chemicals, or enzymes for grease remediation without permission from the sanitary agency receiving the waste.**
- **Clean equipment outdoors in an area where water can flow to the gutter, storm drain, or street.**
- **Use the toilet as a wastebasket.**



Nipomo CSD FOG Program



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