

Manage your FOG this holiday!

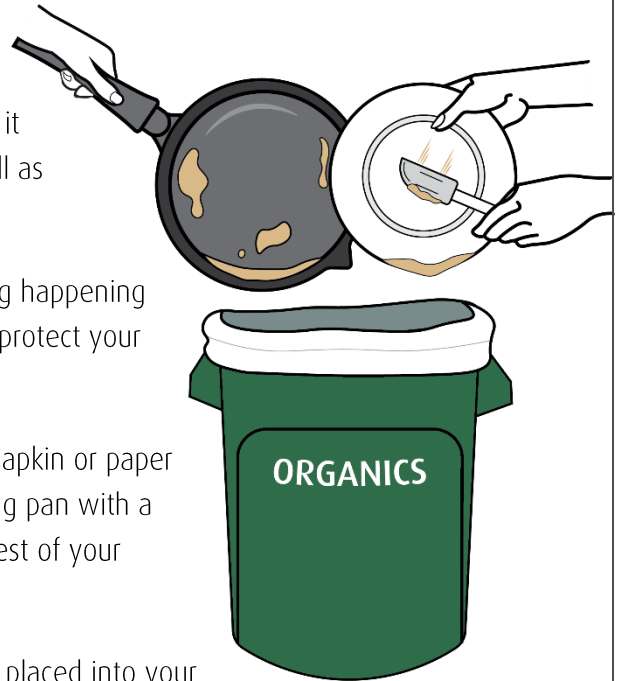
CRD Environmental Services

Capital Regional District | November 2023

Did you know that almost one million kilograms of fats, oils and grease from residential sources enters our wastewater system annually? FOG not only affects our wastewater conveyance system, it can also cause sewage back-ups into homes and businesses, as well as contribute to overflows into the environment.

With the holiday season approaching, and a lot more special cooking happening to gather with our loved ones, we want to share some tips to help protect your pipes and our sewage system all year round.

- Making bacon for breakfast? Be sure to wipe down with a napkin or paper towel small amounts of fats or grease left over in your frying pan with a napkin or paper towel. The napkin can be tossed with the rest of your organic materials in the compost bin.
- Larger amounts of fat that solidify when cooled can also be placed into your kitchen scraps bin. Some examples of solid fats may be your coconut oil, lard or even vegetable shortening. Although we may not use these in our day-to-day cooking, we might end up using them on special baked goods or holiday dishes. A great tip to dispose of larger amounts of solid fats is to line a plastic or glass container with newspaper or a paper towel to make it easier to transfer the fat or grease into the compost bin.
- Deep fried some appetizers and have a few liters of vegetable oil left over? Up to 10 liters of liquid cooking oil can be recycled at Hartland Depot free of charge. Just remember to bring it in a sealed, non-leaking container.



Although fats, oils and grease may seem harmless when you see them running down the drain, remember they are viscous and do not behave the same way as water. Many oils, such as coconut oil, will solidify when they come in contact with lower temperature water, therefore creating clogs. If the oils do not solidify, they may still create clogs as they often bind to other forms of fats and grease or solid material such as hair, or dental floss.

In a growing region, small amounts add up quickly, so remember to treat your fats, oils and grease the proper way to protect not only your sewage, but also the watersheds and wildlife in our region. To learn more ways to manage your FOG, visit www.crd.bc.ca/fog