



City of Yreka Public Works Department

Kitchen Best Management Practices to Reduce Fats, Oils and Grease (FOG)

This is the second in a series of articles designed to educate the residents of Yreka about fats, oils and grease (FOG), ways to prevent FOG from excessive build ups, which cause blockages and overflows in sanitary sewer lines, and are a state and nation-wide concern.

All kitchens produce FOG, though, most of the FOG that causes problems is produced from commercial kitchens in restaurants and institutions. However, even residential kitchens can produce large amounts of FOG.

Changes in kitchen cleanup practices can significantly reduce FOG, and education in ways to reduce FOG is a main component of the City's FOG Source Control Program.

The California FOG Workgroup and the National Restaurant Association suggest that the most effective and least costly ways of preventing FOG deposits is dry cleanup in kitchens, and solid waste disposal or recycling of waste grease.

Kitchen best management practices (BMPs) are recommended as follows:

- Prevent pouring excess or waste fats, oils and grease down the drain. Instead, dispose in the garbage or as solid waste.
- Scrape and dry clean service ware, utensils and cooking equipment before washing, and dispose of debris in the garbage or as solid waste.
- Limit the use of garbage disposals to non-greasy food materials such as fruits and vegetables.

For commercial kitchens in restaurants or institutions:

- Clean FOG in screens and filters with paper, fabric or granular material, away from drains, and dispose of as solid waste.
- Contain FOG spills before going into drains, clean-up with paper, fabric or granular material, and dispose of as solid waste.

For more information and to learn how to help prevent excessive FOG build ups, visit:

ci.yreka.ca.us/utilities/fog