

KEEP THEM FROM GOING DOWN THE DRAIN.

# FATS, OILS & GREASE



Damage to pipes and sewer systems can cause odour, system backups and costly fixes.



**STORE IT, DON'T POUR IT.**

## PUT YOUR WASTE IN THE RIGHT PLACE

What you **can** do with your Fats, Oils, Grease

- DO!** Wipe grease from cooking equipment using paper towel or absorbents before washing and put it in the compost.
- DO!** Recycle oil.
- DO!** Place grease from cooking into a container (can or jar) to cool and solidify before disposal.
- DO!** Scrape expired dairy into the compost bin.
- DO!** Scrape food scraps into the compost bin.

## DON'T!

- DON'T!** Pour or rinse fats, oils and grease down sinks, drains, or toilets (they all lead to the same place).
- DON'T!** Use reusable cloths or rags to wipe cooking equipment, instead use paper towels.
- DON'T!** Drain meat drippings or gravy down the drain or toilet.
- DON'T!** Use chemical drain cleaners, they can damage pipes and wastewater treatment systems, and they are ineffective at removing buildup.
- DON'T!** Run hot water over dishes, pans, fryers or griddles to wash oil and grease down the drain.



ROCKY VIEW COUNTY

## FATS:

Examples include

- Dairy products (yogurt, sour cream milk, butter, ghee, cream, cheese, ice cream)
- Margarine
- Shortening
- Gravy
- Soups and broths
- Meat



## OILS:

Examples include

- Cooking oils (olive, coconut, canola, vegetable, peanut, sesame)
- Salad dressings
- Condiments
- Marinades
- Mayonnaise



## GREASE:

Examples include

- Animals fats left over from cooking meats
- Bacon
- Cooking grease
- Pan drippings

