What is FOG?
FOG stands for fats, oils, and grease. FOG is a mix of fats, oils, and grease that is found in various cooking ingredients such as:
• Butter and margarine
• Lard
• Meat fat
• Dairy products
• Foodscraps
• Baked goods

How does FOG enter the sewers?
FOG enters the sewers, often unintentionally, for example, when washing a pan that was used to cook bacon, the fat remains on the pan and is then washed down the drain. This fat eventually enters our sewers.

Why is FOG a problem?
When poured down the drain, FOG can build up over time in pipes, pumps, and equipment, which can cause significant problems to OCSD’s sewer collection system and wastewater treatment plant. Some of the problems FOG can cause are sewer line blockages, which can lead to sewer overflows (spills) that causes environmental and public health hazards. Sewer overflows contain disease-causing bacteria and viruses that can make its way to rivers, lakes, and beaches.

How to minimize FOG discharge?
Can it. Cool it. Throw it away. The best way to manage FOG is to keep it out of the sewer system! Below are some easy steps to keep FOG out!

- Can the FOG. Collect fats, oils, and grease in a disposable container, like a metal can, and mix it with absorbent trash such as coffee grounds, paper towels, or kitty litter.
- Install drain screens in kitchen sinks. Drain screens collect food waste that can be disposed of in the trash.
- Properly dispose of food waste. All food waste should be disposed of directly into the trash, and not into sinks or down a drain. This reduces the FOG discharged to the sewer.
- Recycle FOG. There are facilities available that collect household FOG. Do some research to see if there is a facility near you!

The Orange County Sanitation District (OCSD) is responsible for safely collecting, treating, and disposing approximately 185 million gallons per day of wastewater generated by more than 2.6 million people in central and northwest Orange County. OCSD owns and operates approximately 396 miles of regional sewer lines and two wastewater treatment plants in Fountain Valley and Huntington Beach.