Soak up remaining Fats, Oils and Grease with a paper towel and dispose of it in a garbage can.

Before you wash dishes, scrape food scraps from your plates, pots, and pans into your garbage can or compost container.

Avoid using your garbage disposal. Use sink strainers to catch any remaining food waste while washing dishes.

Using the tips and facts you have learned, check out your kitchen to see if you are prepared to prevent Fats, Oils and Grease from going down your drain.

What foods were last prepared in your kitchen that had F.O.G. (salad with dressing, sandwiches with mayonnaise, anything with cheese or butter, meats, or other oil and grease products)?

Create your own F.O.G. story, "An Afternoon To Remember".

Fill in the words. Then, after completing the list, take each word and insert it according to its number into the story on the back. Happy creating!

1. Activity ___________ 9. Verb ___________ 17. Time period ___________
7. Noun ___________ 15. Verb ___________
8. Greasy food ___________ 16. Verb ___________
An afternoon to remember!

After school, Noah had a few friends over to hang out and play (1) _____________. Three friends (2) _____________.

Noah's house, and were so (3) _____________. to be done with school for the day. Noah's mom asked if they wanted a snack.

Noah quickly said 'yes' we are (4) _____________. Can you make us some (5) _____________.? Mom said, "sure", and pulled out (6) _____________. and (8) _____________. and heated it all up on the stove.

After cooking, she (9) _____________. the grease down the drain. Noah told her to Cool it, Can it and Trash it, but it was too late.

The (10) _____________. already went down the drain.

Noah and friends continued hanging out, playing (11) _____________. and (12) _____________. before having to go home. They all had a blast and loved eating (13) _____________. No one thought of the (14) _____________.

going down the drain. In fact, Noah's mom didn't change her habits in the kitchen even after Noah suggested that she

(15) _____________. and (16) _____________. A (17) _____________. later, Noah saw a

vacuum truck from the City of Palmdale's Maintenance Department working on a sewer line in the neighborhood. After

asking what was happening, the City of Palmdale's Sewer Maintenance Crew explained that sewer lines were clogged

with (18) _____________. (19) _____________. and (20) _____________.

Noah (21) _____________. ran home telling mom and dad the scoop knowing their house was part of the problem. From that day forward, Noah's (22) _____________. disposed of fats, oils and grease properly and remembered to Cool it, Can it, Trash it.