

# WHAT CAN I DO?



**1** Pour cooled Fats, Oils and Grease into a covered, disposable container and throw it into your garbage. Never pour Fats, Oils or Grease down sink drains or toilets. **COOL IT, CAN IT & TRASH IT™.**



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



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



**4** 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.

**1** 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)?

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**2** Is there a can (or other container) under the sink or in the freezer that is used to collect liquid F.O.G.?  Yes  No

**3** Are paper towels used to absorb liquid F.O.G. and then thrown away in the garbage?  Yes  No

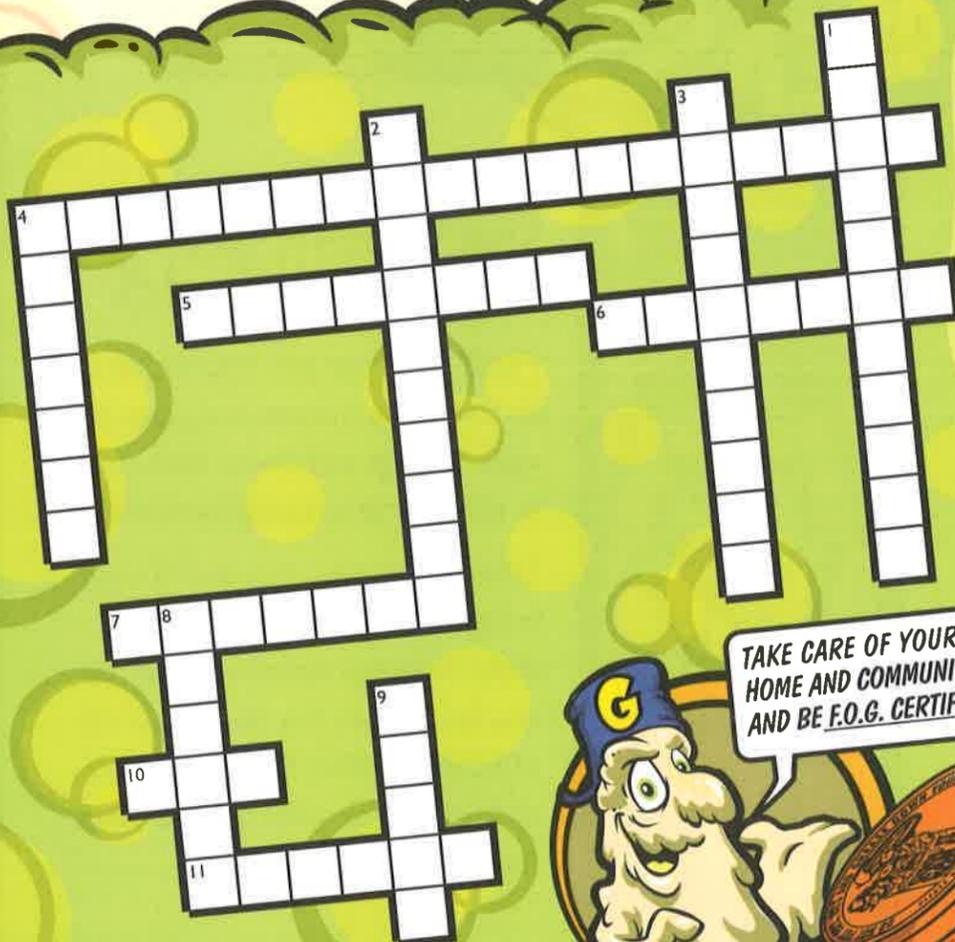
**4** Check your garbage can or compost container: Are food scraps present including all lettuce with salad dressing, anything with butter, oils or grease?  Yes  No

If you answered yes to questions 2-4, your kitchen is a Certified F.O.G. Free Kitchen! If you answered no to any of questions 2-4, you can improve and make a difference to your home and neighborhood.

Notes and suggestions on ways to improve your kitchen for proper F.O.G. disposal.



## Crossword:



### ACROSS

- 4 This catchphrase makes it easy to remember what to do with your Fats, Oils and Grease.
- 5 What is used to help do dishes and get rid of food and is now being discouraged for use of fatty, oily or greasy foods?
- 6 Pouring grease into a can and storing it in this will help eliminate F.O.G. down your drain.
- 7 A place where you scrape or dispose of food scraps.
- 10 This acronym is used across the country to describe a serious issue for sewer systems.
- 11 This item makes popcorn, pancakes and muffins more tasty, but it surely is not welcomed collecting in pipes.

### DOWN

- 1 Grease down drains is costing the City of Palmdale thousands of dollars for this.
- 2 This item may taste great on a hamburger or sandwich but doesn't belong down your drain.
- 3 The City of Palmdale's Department responsible for sewer pipes.
- 4 Over time, F.O.G. washed down your kitchen sink will result in \_\_\_\_\_ pipes.
- 8 Paper towels should be used to do this with extra oils and grease left in a pan before washing.
- 9 Fight F.O.G.! Fats, Oils and Grease clog \_\_\_\_\_.

TAKE CARE OF YOUR HOME AND COMMUNITY AND BE F.O.G. CERTIFIED!

The City of Palmdale makes it easy to Cool It, Can It, Trash It.™

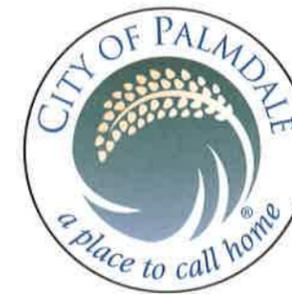
Stop by the Development Services Building or The Maintenance Yard for your FREE can lid and/or food scraper!

## 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 \_\_\_\_\_
- 2. Verb \_\_\_\_\_
- 3. Adjective \_\_\_\_\_
- 4. Adjective \_\_\_\_\_
- 5. Greasy snack \_\_\_\_\_
- 6. Greasy food \_\_\_\_\_
- 7. Noun \_\_\_\_\_
- 8. Greasy food \_\_\_\_\_
- 9. Verb \_\_\_\_\_
- 10. Noun \_\_\_\_\_
- 11. Verb \_\_\_\_\_
- 12. Verb \_\_\_\_\_
- 13. Noun \_\_\_\_\_
- 14. Noun \_\_\_\_\_
- 15. Verb \_\_\_\_\_
- 16. Verb \_\_\_\_\_
- 17. Time period \_\_\_\_\_
- 18. Noun \_\_\_\_\_
- 19. Noun \_\_\_\_\_
- 20. Noun \_\_\_\_\_
- 21. Verb \_\_\_\_\_
- 22. Noun, plural \_\_\_\_\_

For more information visit us at [www.cityofpalmdale.org](http://www.cityofpalmdale.org) Utilities Page





Keep These Pesky  
Monsters Out of Our  
Sinks and Drains!

**FIGHT**  
**FOG**  
IT'S TIME TO

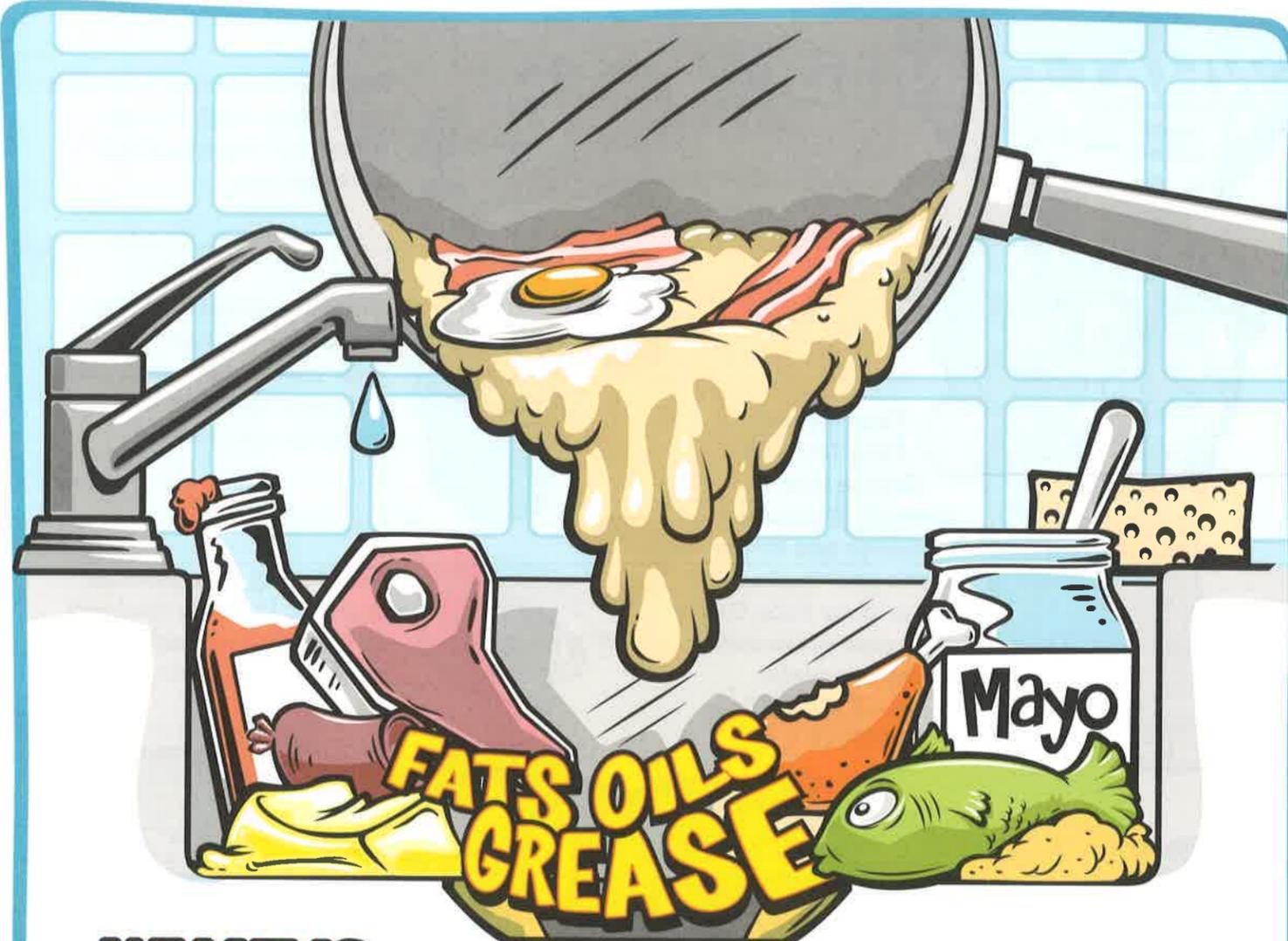
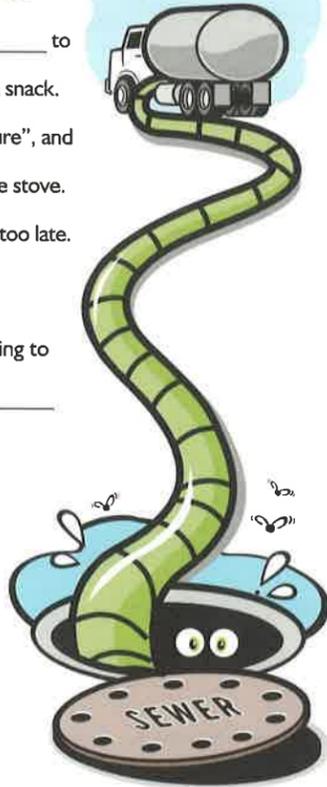


## An afternoon to remember!

After school, Noah had a few friends over to hang out and play (1) \_\_\_\_\_. Three friends (2) \_\_\_\_\_ to 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) \_\_\_\_\_, (7) \_\_\_\_\_ 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 vactor 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.



## WHAT IS F.O.G.?

**Fats, Oils & Grease (F.O.G.)** are found in common foods and ingredients such as: bacon and other meats, fish, butter, cooking oil, mayonnaise, gravies, dressings and food scraps. Often, Fats, Oils and Grease become a liquid when heated.

## SO, WHAT'S THE PROBLEM?

F.O.G. builds up and creates havoc on the sewer system and pipes by causing clogs and sewer back-ups in your home and neighborhood. Often times Fats, Oils and Grease in liquid form wash down the drain. Garbage disposals break up chunks of food, but do not get rid of F.O.G. Instead, F.O.G. solidifies and collects on walls of pipes until they become clogged.

