



# What is F.O.G.?

**F.O.G. stands for**

**Fats, Oils & Grease**  
and are found in common food and  
food ingredients such as: meat, fish,  
butter, cooking oil, mayonnaise,  
gravies, sauces and food scraps.

If poured down the drain or into your garbage  
disposal, F.O.G. will build up over time by sticking  
to your plumbing lines or the sewer lines. This could  
eventually cause an expensive sewer backup into  
your home, business, or into local streams or rivers.

How does  
**F.O.G.** affect  
me?

**F.O.G. down the drain** contributes  
to a majority of all sewage backups  
in Valley View Sewer District. This  
can result in raw sewage backups  
into homes, onto streets, or into local  
streams.

**Homeowners and businesses  
may be held liable** for ALL clean-  
up costs related to a sewer backup.  
Such costs can include damage to  
adjoining properties, parking lots,  
streets, and the cost to relieve and  
repair the sewer system.



**Don't let F.O.G.  
clog your drain.**

"WORKING TOWARD A BETTER ENVIRONMENT"

**Valley View**  
SEWER DISTRICT

# What Can I Do?

Follow a few simple steps to help prevent sewer backups:



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 with your food and yard waste.

3. Before you wash dishes, scrape food scraps, fats, oils and grease into your compost or trash.

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

5. Perform regular sink drain maintenance by pouring one-half cup of baking soda down the drain and one-half cup white vinegar down the drain. Wait 15 minutes, then flush thoroughly with very hot water. Do not use method if a commercial product was recently used to remove the blockage.



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**Remember: Left over cooking grease goes in the trash.  
COOL IT, CAN IT & TRASH IT.**

For more information,  
contact (206) 242-3236 or  
visit us at [www.valvue.com](http://www.valvue.com)

VALLEY VIEW SEWER  
DISTRICT RESIDENTS

# Fight F.O.G.

**Keep Fats, Oils & Grease  
Out of Your Drain!**



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Valley View  
SEWER DISTRICT