

## What Can I Do?

Following a few simple steps, you can help prevent sewer backups and spills:



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.**

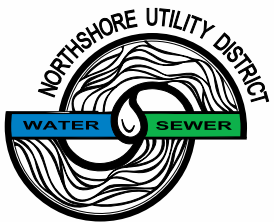
2. Soak up remaining oils and grease.

3. Before you wash dishes, scrape food scraps from your plates, pots, and pans into your food and yard waste cart.



4. Avoid 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.



## Now, Fight **F.O.G.** with Our New Food and Yard Waste Program!



**Recycle food scraps and food soiled paper in food & yard waste carts. The following items are permitted in the food & yard waste cart:**

### **Food scraps include:**

- Fruit, vegetables, bread, pasta, grains
- Eggshells, nutshells
- Coffee grounds, filters, tea bags

### **Food-soiled paper includes:**

- Paper towels & napkins (*kitchen only*)
- Paper plates (*uncoated only*)
- Food-soiled newspaper
- Greasy pizza boxes
- Shredded paper
- Paper bags (*uncoated*) with food scraps

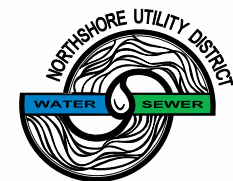
Please call your local waste management company to find out about the yard waste program in your area.

For more information on how you can help manage what goes down the drain, please contact the District at (425) 398-4400.

**NORTHSHORE UTILITY  
DISTRICT RESIDENTS**

## Fight **F.O.G.**

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



6830 NE 185th Street, Kenmore, WA 98028



# What is F.O.G.?

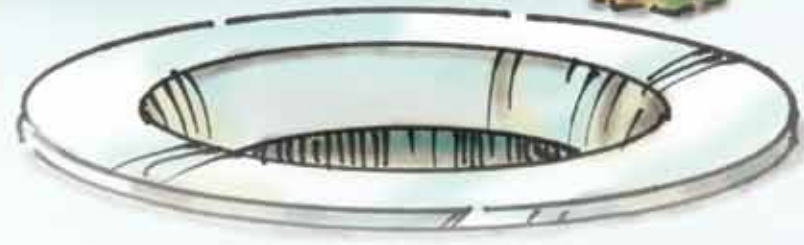
**F.O.G.** stands for **Fats, Oils & Grease** and are found in common food and food ingredients such as: meat, fish, butter, cooking oil, mayonnaise, gravies, sauces, and food scraps.

If poured down the drain or into your garbage disposal, F.O.G. will build up over time by sticking to your sewer pipes. This commonly causes expensive backups of sewage into your home.

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

**Improper Disposal of F.O.G.** causes up to a third of all sewage overflow problems in the region. This can result in potential public health issues and pollution problems.

**Homeowners could be liable** for clean-up cost related to a sewer back-up according to King County Code KCC 28.84.060. Such costs can include damage to adjoining personal property, parking lots, streets, and cost to relieve and repair the sewer system due to back-ups.



**Trash your fats, oils and grease.**

**Recycle your food waste.**

Your local Waste Management company has a food and yard waste program that allows you to keep F.O.G. out of the drain. Look on the back of this brochure to see some of the food scraps and food soiled paper now accepted.