

## Best Management Practices

Best Management Practices (BMPs) reduce the amount of FOG produced at your home or facility (FSE), help the facility stay in compliance with the municipal code, and protect public and environmental health. If your facility has a grease trap or interceptor, BMPs may even reduce the cleaning frequency of these devices. BMPs should be designed to keep FOG out of drain lines and storm drains; here are a few that we recommend:

### For homes and FSEs:

- ◆ Scrape FOG and food off of dishes and into the trash with a rubber scraper or paper towel before washing
- ◆ Don't put grease or greasy food in your home garbage disposal. These units only shred solid material into smaller pieces and do not prevent grease from going down the drain. FSEs should remove all garbage disposals
- ◆ Do not pour excess or used oil down the drain or into toilets
- ◆ Use strainers in sink drains to catch food scraps and other solids, and empty the strainers into the trash for disposal
- ◆ Recycle used FOG

### For FSEs:

- ◆ Wipe down greasy work areas with paper towels and use absorbent materials to soak up grease and oil under fryers
- ◆ Reduce the amount of fats, oils, and greases stored and/or used at your facility; store oils in areas isolated from drain lines
- ◆ Install and maintain a grease trap or grease interceptor
- ◆ Store recyclable FOG in covered containers in an area isolated from storm drains
- ◆ If FOG must go into the trash, place it in a bag or container that contains an absorbent
- ◆ Train employees on good BMP practices, including how to clean up a grease spill, and discuss FOG with employees frequently
- ◆ Clean floor mats and vent filters in a sink connected to the grease trap or interceptor
- ◆ Pour mop water in a drain connected to the grease trap or interceptor

### FOOD SERVICE ESTABLISHMENT FOG INSPECTIONS

Each year a City representative may perform a FOG inspection at your facility. During the inspection they will look at:

- ◇ Kitchen BMPs
- ◇ Properly functioning grease trap/interceptor
- ◇ Grease trap/interceptor cleaning records
- ◇ Grease storage areas
- ◇ Changes to kitchen equipment or menu items

Facilities deemed non-compliant by the inspector will be given a list of improvements to be implemented. Inspections will be performed at the facility until all improvements are implemented. It is the responsibility of the business owner to pay the fees associated with FOG inspections.



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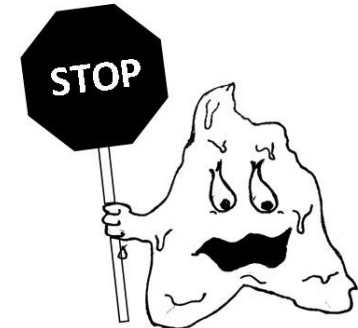
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Special thanks to: City of Arcata, California  
Environmental Services Department

# FOG

## Fats, Oils, and Grease



## CEASE THE GREASE!

### Pollution Prevention Starts in the Kitchen

**Guidance manual for Food  
Service Establishments and  
general tips for homeowners!**



*Environmental Compliance,  
Utilities Department*

# Fats, Oils, and Grease & Pollution Prevention



## What is FOG?

FOG refers to Fats, Oils, and Grease that are produced during food preparation, food service, and kitchen cleaning activities. FOG is

produced in most homes and Food Service Establishments (FSE) including restaurants, cafeterias, rental kitchens, deli/ meat counters, bakeries, coffee shops, and food production facilities. Common ingredients that produce FOG at homes and FSEs include but are not limited to:

- ◇ Butter, margarine, and lard
- ◇ Cooking and frying oil
- ◇ Milk, whipped cream, and ice cream
- ◇ Cheese
- ◇ Meat
- ◇ Nuts and cereals

## What is the problem with FOG?

When FOG is poured or washed down the drain it creates problems at your home or facility, in the sanitary sewer, and at the wastewater treatment plant. Improper handling of FOG at your home or facility can lead to a sewage back up, create odor problems, and attract pests and vermin to your kitchen.

When FOG is introduced into the sanitary sewer it forms a thick layer of solidified grease on the inside of collection pipes. Overtime, the layer of FOG restricts the flow of wastewater and may cause a sanitary sewer overflow.

FOG is hard to remove from the waste stream at the wastewater treatment plant, where it can adhere to the walls of treatment units and clog pumps. FOG has to be mechanically removed at the treatment plant or it will create problems with the wastewater treatment process.

## Why does the City regulate FOG?

FOG is more than a nuisance for the City. It is costly and time-consuming to deal with the problems associated with improperly disposed FOG. City employees are charged with eradicating pests and vermin attracted by FOG near public areas, keeping FOG and other pollutants out of storm drains, cleaning sanitary sewer pipes clogged with FOG, and cleaning up sanitary sewer overflows.

Sanitary Sewer Overflows (SSOs) are a problem for all municipalities. In addition to the public health risk created when raw sewage flows into the streets there is an environmental health risk too. A large SSO can lead to raw sewage being transported to local creeks. The Regional Water Quality Control Board may impose hefty fines on the City for SSOs that pollute public waterways.



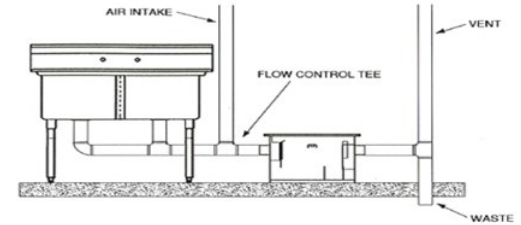
The expense of cleaning up problems created by improperly handled FOG is burdensome. The City has a program to educate and regulate industrial users to reduce operating costs, and protect public and environmental health.

## What should I do to reduce my FOG impact?

There are two things that you can do to reduce the impact of your FOG. First, establish Best Management Practices (BMPs) to handle and dispose of FOG properly. BMPs are procedures that you can implement to reduce the amount of FOG discharged from your kitchen. Good BMPs may also reduce your FOG associated operating costs.

Secondly, (for FSEs only) install and maintain a City approved grease trap or interceptor at your facility to remove any FOG that does end up down the drain. Grease traps and interceptors are designed to remove FOG from the waste stream. All new and remodeled Food Service Establishments are evaluated by the City Pretreatment Program to determine if a grease trap or interceptor is necessary for FOG management.

## Grease Traps & Interceptors (FOR FOOD SERVICE ESTABLISHMENTS)

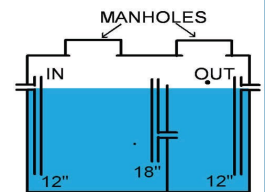


A grease trap is a box-shaped device that is connected to the drain line downstream of the three-compartment sink, prep sink, and mop sink. A vented flow control regulates the flow of wastewater through the grease trap and causes FOG and food solids to separate from wastewater. A series of baffles inside the device traps FOG and food solids while allowing wastewater to flow out of the trap.

Traps are ideal for small business with minimal FOG production. Depending on the circumstances, grease traps should be cleaned every day to every few weeks.

A grease interceptor is similar to a grease trap except it is much larger and is located in the ground outside of the kitchen. Gravity causes food solids and FOG to separate from wastewater. Baffles trap FOG and food solids until it can be removed by a licensed hauler.

Interceptors are ideal for businesses with medium to high FOG production. Depending on site conditions interceptors should be cleaned every few weeks to every 3 months.



The amount of FOG and food solids in a trap or interceptor determines the cleaning schedule. When the volume of the device is 25% full of FOG and food solids it needs to be cleaned.