

**Recycle Fats, Oils and Grease (FOG)** Did you know that Fats, Oils and Grease (FOG) are bad not only for your arteries and waistline but for your sewers too? They may not be toxic, but they will clog your pipes and the sewer. During the holidays and year round, easily and properly dispose of your FOG by following these simple guidelines:

- DON'T pour Fats, Oils and Grease (FOG) into sink drains or toilets.
- DON'T use warm water and soap to wash grease down the drain; while this may move the FOG down your sink drain, it will only cause clogs further on in the sewer system.
- DO manage FOG properly.
  - For small amounts of FOG, scrape out or use paper towels to wipe your pans, and then place the FOG or soiled paper towels in your Food Scrap pail. You can also pour cooled FOG into an old paper milk or ice cream carton, let harden and then place it in your green (*organics*) cart.
  - For large amounts of FOG, such as used oil from a turkey fryer, collect cooled oil in a sealable container and take it to the Alameda County Household Hazardous Waste Facility in Livermore. Please note that State Regulations limit the amount of waste you may transport to 15 gallons of liquid waste (*refers to the actual contents of the containers, not the container size*), or 125lbs solid waste. Individual items/containers must be no larger than 5 gallons or weigh no more than 50lbs.



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925.449.7300  
[www.LivermoreSanitation.com](http://www.LivermoreSanitation.com)

### **For more information on the proper disposal of Fats, Oils and Grease (FOG):**

- Visit the Alameda County Household Hazardous Waste website at [www.household-hazwaste.org](http://www.household-hazwaste.org) or call 1-800-606-6606
- Visit the Baywise website at [www.baywise.org](http://www.baywise.org)
- Contact Livermore Sanitation by phone at 449-7300 or via email at <http://livermoresanitation.com>
- Contact the City of Livermore's Water Resources Division by phone at 960-8100 or via email at [wrd\\_info@ci.livermore.ca.us](mailto:wrd_info@ci.livermore.ca.us)
- Contact the City of Livermore's Solid Waste and Recycling helpline by phone at 960-8015 or via email at [swr@ci.livermore.ca.us](mailto:swr@ci.livermore.ca.us)

**Fun Fact:** Did you know that Alameda County Household Hazardous Waste partially fuels their diesel fleet with cooking oil collected at their facility?



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