

Fats, Oils & Grease

Outline

- * What is FOG & Why is it Important
- * Recognize Types of Fat
- * Implications of FOG
- * Do's & Don'ts of FOG Disposal
- * Questions
- * Scenarios/Conclusion
- * References

How Much Do you Know

* Pre Test



What is FOG

- * FOG consists of Fat's Oils and Grease
- * Associated with Food Products
- * Poses a great issue with the sewage systems



FOG

- * Fats, Oils & Grease
 - * F: Fat – (Animal) Solid at room temperature
 - * Butter & Margarine, Dairy Products
 - * O: Oil – Liquids at room temperature
 - * Any cooking oil and/or sprays
 - * G: Grease – Thick/Thin & Slippery
 - * Shortening, Baked Goods, Fried Foods, Food Residues

FOG FOODS

- * **Meat Fats:**

- * Food Scraps, Cooking Oil, Shortening, Lard, Butter, Margarine, Gravy

- * (Texas Commission on Environmental Quality)

- * **Food Products:**

- * Mayonnaise, Salad Dressing, Sour Cream & Oil Mixtures

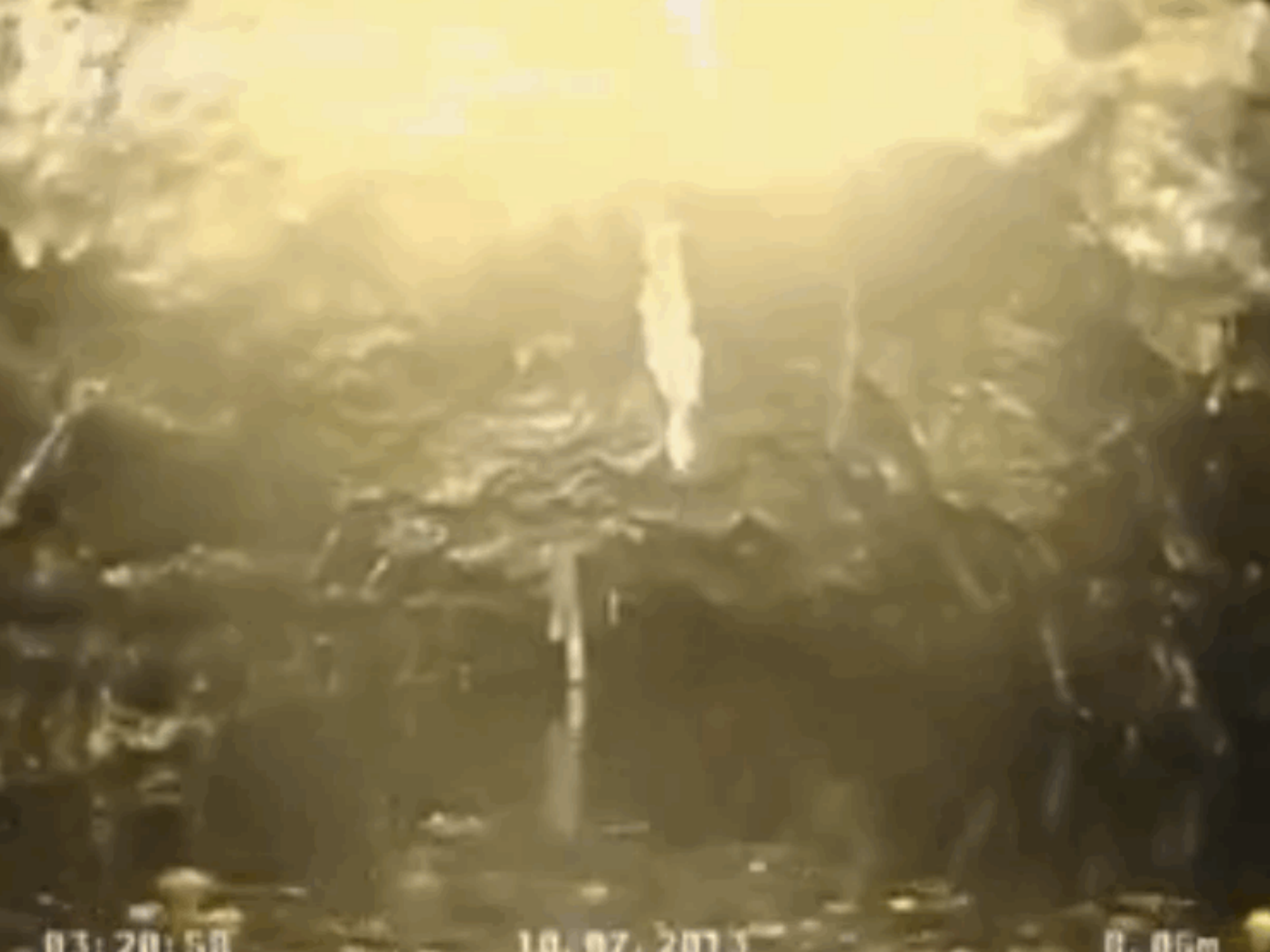
- * (Texas Commission on Environmental Quality)

Why does this matter?

- * FOG accumulation
- * Fat down the drain







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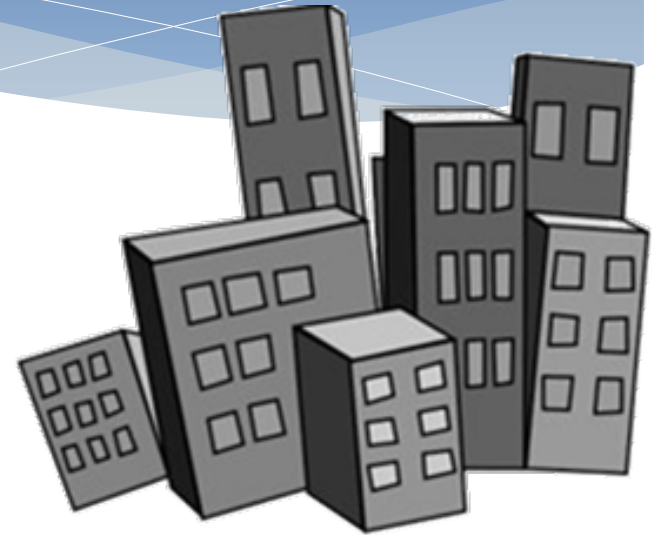


Improper Fog Disposal

- * NEVER pour grease into sinks, toilets, drains or sewers
- * Don't mix detergents with FOG to dump down the sink
 - * the particles will eventually form back together
- * Do not use the food disposal to discard FOG

In-Perspective

- * In Lexington there are (roughly):
 - * 10 major hospitals
 - * 1500 food establishments
 - * 100 Hotels/Motels
 - * About 100 Elementary, Middle & High Schools
 - * 6 Colleges/Universities



Proper FOG Disposal



- * Pour cooking grease into a metal container, then discard once it cools
- * Scrape food scraps into the trash, and not the drain
- * Wipe dirty cookware and dishes with a paper towel to remove FOG before placing into the sink or dishwasher
- * Mix FOG with other absorbent materials to make discard easier

Questions?



Scenario 1

1. A pan is removed from the hot-line, you should”
 - A. give the pan to the porters.
 - B. wipe the pan out first, and then give to the porters
 - C. leave the pan dirty for a later time.

Scenario 2

2. You just made a fresh bowl of coleslaw, and you divide the slaw into serving pans. What do you do with the dirty bowl?
 - A. Give the pan to the porters.
 - B. Wipe the pan out first, and then give to the porters.
 - C. Leave the pan dirty, for a later time.

Scenario 3

3. What is the appropriate method used to discard grease?
 - * Pour the grease into a container, allow for it to cool then discard container and contents into the trash.
 - * Wipe the pan out with absorbent towels and give to the porters.

References

- * Don't FOG Up Your Sewer System! (2013, July 31). Retrieved April 12, 2015, from <http://www.lexingtonky.gov/index.aspx?page=1759>
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- * Welsh, J. (2014, August 29). Here's The Terrible Thing That Happens When You Pour Grease Down The Drain. Retrieved April 12, 2015, from <http://www.businessinsider.com/why-cant-you-pour-grease-down-the-drain-2014-8>