

Fats, Oils & Grease (FOG) & Wipes

What every sewer customer needs to know



Did you know? Fats, oils, and grease poured down the drain don't just disappear — they cool, harden, and stick to the inside of pipes. Disposable wipes flushed down the toilet don't break down like toilet paper, and combined with FOG they form clogs that cause sewer backups, overflows, and costly repairs for you and your community. A few simple habits in your kitchen and bathroom can prevent it.

What Is FOG?

FOG stands for **Fats, Oils, and Grease** — common byproducts of cooking and food preparation. Sources include meat fat, cooking oil, butter, margarine, lard, shortening, sauces, salad dressing, dairy products, and food scraps.

✗ Never Pour Down the Drain

- Bacon grease & meat fat drippings
- Cooking & frying oil
- Butter, margarine, and lard
- Sauces, gravy, and salad dressing
- Dairy products (milk, cream, cheese)
- Food scraps and baked goods

✓ Do This Instead

- Let grease cool and solidify, then scrape into the trash
- Pour cooled oil into a sealable container and throw away
- Wipe greasy pots, pans & dishes with a paper towel before washing
- Use a sink strainer to catch food scraps
- Compost food waste when possible
- Recycle used cooking oil at a local collection site

How to Dispose of Grease Properly

- 1 Cool it.** Let hot grease or oil cool down to a safe handling temperature.
- 2 Contain it.** Pour into a can, jar, or sealable container — reuse an old coffee can or jar.
- 3 Trash it.** Once solid or sealed, throw the container in the garbage, not the sink.
- 4 Scrape first, wash second.** Always scrape plates and cookware into the trash before rinsing.

Disposable Wipes — "Flushable" Doesn't Mean Flushable

Baby wipes, cleaning wipes, and even wipes labeled "flushable" do not break down in water the way toilet paper does. When combined with FOG, wipes cling to the grease clinging to pipe walls, forming a mesh that catches even more debris — a major cause of sewer clogs and backups.

✗ Never Flush

- Baby wipes & adult hygiene wipes
- Cleaning & disinfecting wipes
- Makeup remover wipes
- "Flushable" wipes (they aren't, despite the label)
- Paper towels & napkins

✓ Do This Instead

- Throw all wipes in the trash, even ones labeled "flushable"
- Keep a small lined trash can in the bathroom for easy disposal
- Only flush the "3 P's": pee, poop, and (toilet) paper

Why It Matters



Grease that enters the sewer system hardens and combines with other debris to form blockages called "fatbergs." These blockages can cause sewage to back up into homes and streets, harm the environment, and lead to expensive emergency repairs — costs that are often passed on to customers through higher utility rates. Keeping FOG out of the pipes protects your home, your neighbors, and local waterways.



Town of Sparta
Sparta Town Hall | (336) 372-4257

Questions or a sewer backup to report?
Contact Sparta Town Hall at (336) 372-4257.

Recycle used cooking oil
Ask your utility or waste department about local collection sites.