



City of Chula Vista Fats, Oils, and Grease (FOG) Control Program

As part of the City's efforts to maintain the sewer lines clear of blockages, it has developed the FOG Control Program to reduce the discharge of fats, oils and grease (FOG) to the sewer system.

FOG buildup in the sewer lines restrict flow in the pipes causing sewage to overflow into the environment.

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CITY OF CHULA VISTA

WASTEWATER ENGINEERING

FOG CONTROL PROGRAM

Best Management Practices (BMPs) to Use at Home



What is FOG?

FOG refers to Fats, Oils and Grease originating in most kitchens, restaurants and food service establishments as a byproduct of cooking. FOG is usually found in cooking oil, butter, margarine, lard, meats, deep-fried dishes, etc.

What are Best Management Practices?

Best Management Practices (BMPs) are a series of activities that effectively manage and control disposal of waste FOG (Fats, Oils, and Grease) generated in your kitchen. Implementation of BMPs will help reduce the potential clogging of your house pipes as well as City lines



Prevent clogging of pipes. Don't pour Fats, Oils, or Grease down your drain.

Recycle your cooking oil

Large amounts of cooking oil from deep fryers or other similar cooking devices such as turkey fryers, can be recycled. To find out how you can recycle this oil as well as learn about other recycling services available to Chula Vista residents, click: [Chula Vista Clean](#)

How to properly dispose of fats, oils and grease



Don't pour fats, oils and grease down the sink. In addition, wipeout greasy pots and pans with paper towels before washing them in the sink.



Pour grease into a container preferably a non-recyclable container such as an old milk carton, or frozen juice container. Set the container in the refrigerator and allow the grease to solidify.



Put the solidified grease in the trash, not down the drain.