

CITY OF COOS BAY

# **Guide to Developing Kitchen Best Management Practices (BMPs) For Fats, Oils and Grease (FOG)**



What is FOG?

FOG is an abbreviation for Fats, Oils and Grease. FOG is composed of animal and vegetable fats and oils that are used to cook and prepare foods and beverages. FOG wastes cause problems not only for restaurants but also the City wastewater system. These problems can lead to increased operating costs for businesses and the City and have potential adverse environmental impacts to the bodies of water near our beautiful home of Coos Bay and surrounding areas. FOG can cause Sanitary Sewer Overflows, additional Treatment plant operations, and lead to backups into home and businesses, which is a health hazard. This guide is to help businesses develop and implement Best Management Practices (BMPs) that are needed to be in compliance with the City's FOG Program. Implementation of these BMPs will provide benefits to your business establishment and will help maintain compliance with the City FOG Program. Posting these BMPs in food preparation areas will help employees become more aware of this issue and methods to prevent FOG from entering the sewer system.

More information about the City of Coos Bay's FOG program, including the city code, funding program, required forms, questionnaires and brochures can be found at:

[www.coosbay.org](http://www.coosbay.org)

Or you may contact Rishia Latta, Environmental Specialist, at 541-269-1181 et 2248 or by email at [rlatta@coosbay.org](mailto:rlatta@coosbay.org)

CITY OF COOS BAY

Kitchen BMP	Reason	Benefits to Businesses
Train employees in kitchen BMPs	BMPs are most effective when all employees are trained properly and are more likely to be implemented when staff understand why they are needed.	All of the subsequent benefits of BMPs will have a better chance of being implemented.
Post "No Grease" signs in visible locations	Post signs above sinks, near all floor drains, and on front of dishwashers. Signs should be easily viewable by staff. Signs serve as a constant reminder for staff working with FOG.	These reminders help minimize grease discharge to the traps and interceptors and reduce the cost of cleaning and disposal.
Use water temperature of less than less than 140°F.  Water from mechanical dishwashers should not be discharged through a grease trap or interceptor.	Temperatures in excess of 140°F will dissolve grease, but it can solidify in the sanitary sewer system as the water cools and cause blockages or backups.	The business will reduce its costs for the energy for heating the water. This will also prevent FOG "pass through" in grease interceptors.
Use a 3-sink system	Sink 1: Use to wash Sink 2: Use to rinse Sink 3: Use to sanitize	This system will save energy and costs by reducing the need for additional grease device maintenance.
Install screens on all kitchen drains. Consider openings that are not more than 3/16 inch. Screens should be removable for frequent cleaning	Drain screens act as physical barriers, preventing food waste from entering the sanitary sewer system and causing blockages or backups.	Reduction of the amount of material going into grease traps and interceptors. As a result, they may require less frequent cleaning, thus reducing maintenance costs.
"Dry Wipe" all pots, pans and plates prior to washing	Wiping the FOG and food items that remain in pots, pans and dishware before washing keep the FOG out of the grease traps and interceptors	Reduction of the amount of material going into grease traps and interceptors. As a result, they may require less frequent cleaning, thus reducing maintenance costs.
Properly Dispose of Food Waste	Food waste should never be poured down the drain. Dispose Food waste or waste that cannot be recycled in the solid waste trash. Dispose food waste that can be recycled in a recycling container (if applicable)	Reduction of the amount of material going into grease traps and interceptors. As a result, they may require less frequent cleaning, thus reducing maintenance costs.
Recycle waste cooking oil	There are many companies who specialize in taking waste cooking oil from fryers and other types of equipment and making animal feed or fuels, such as biodiesel from it.	Recycling reduces the amount of wastes that have to be disposed as a solid waste, and helps to prolong the life of any grease traps and interceptors. It also keeps FOG out of the sanitary sewer system.

<p>When transporting used FOG, don't overfill containers and use covers.</p>	<p>If containers are overfull or lack covers, the FOG may spill over</p>	<p>This will prevent FOG drips and spills</p>
<p>Ensure proper cleaning of Outdoor Grease Interceptors</p> <p>Witness Cleaning activities</p>	<p>Quarterly (90 day) cleaning (or more frequent as needed) is required.</p> <p>Grease interceptors have more volume than grease traps and usually need to be cleaned less frequently.</p> <p>Witnessing the cleaning of your grease interceptor will ensure the complete removal of all grease and solids.</p> <p>Make sure you are using a waste hauler approved by the City of Coos Bay.</p> <p>Ensure waste hauler is performing a complete pump-out of the unit and checking for repairs during every cleaning service.</p> <p>All removed waste cannot be pumped back into the device, cleanouts or manholes.</p>	<p>Witnessing the cleaning will ensure that the business is getting full value for the cost of the cleaning.</p> <p>Inspection of the interceptor will help plan for repairs and help prevent emergency situations.</p> <p>Prevents "FOG pass through" into sanitary sewer system.</p>
<p>Ensure proper cleaning of Interior Grease Interceptors</p>	<p>Monthly cleaning (or more frequent as needed) is required.</p> <p>Interior grease traps have less volume than grease interceptors and need to be cleaned more frequently.</p> <p>Make sure grease trap is completely emptied during cleaning activities and wipe down all surfaces.</p> <p>Do not pour wastes removed from the grease trap down any facility drains, sinks or into toilets.</p>	<p>Prevents "FOG pass through" into grease interceptor and sanitary sewer system.</p> <p>Reduction of the amount of material going into grease interceptors. As a result, they may require less frequent cleaning, thus reducing maintenance costs.</p>
<p>Keep maintenance log and all service records. Must remain onsite for 5 years.</p>	<p>The log serves as a record of the frequency and volume of cleaning of the interceptors, traps and solid separators.</p>	<p>Helps the establishment show that they are compliant with the City FOG Program.</p> <p>Logs can help track problems that require follow-up such as repairs and parts to be ordered. Tracking device repairs will minimize device down time and help you stay in compliance.</p> <p>Logs serves as a record of cleaning frequency and amount of product removed and can help reduce costs.</p>

<p>Evaluating Grease Interceptor/Trap Compliance</p>	<p>Compliant when all 3 criteria are met:</p> <ol style="list-style-type: none"> <li>1. The total combined Grease and solids waste is less than 25% of the total liquid depth.</li> <li>2. Grease thickness is less than 6 inches</li> <li>3. Solids thickness is less than 12 inches</li> </ol>	<p>Business can determine ideal cleaning frequencies and still comply with the City FOG program.</p>
<p>Routinely clean exhaust hoods</p>	<p>If FOG escapes through the kitchen exhaust system, it can accumulate on the roof of your restaurant. This creates a fire hazard and can also result in FOG runoff entering the storm drain system.</p>	<p>Protection of the receiving water and fire prevention.</p>
<p>Cover outdoor grease and oil storage containers</p>	<p>Uncovered FOG storage containers can collect rainwater. Since grease and oil float, the rainwater can cause an overflow onto the ground and into the storm system.</p>	<p>The discharge of grease and oil into receiving streams will degrade water quality by adding biological and chemical oxygen demand to the body of water.</p> <p>Discharge of grease and oil to the storm drain might also result in penalties or fines.</p>
<p>Locate grease dumpsters and storage containers away from storm drain catch basins</p>	<p>The farther away from the catch basin, the more time someone has to clean up spills.</p> <p>Be aware of FOG dripping out of containers or dumpsters and clean immediately.</p>	<p>The discharge of grease and oil into receiving streams will degrade water quality by adding biological and chemical oxygen demand to the body of water.</p> <p>Discharge of grease and oil to the storm drain might also result in penalties or fines.</p>
<p>Use absorbent pads for spills</p> <p>DO NOT use free flowing materials such as "kitty litter" or sawdust.</p>	<p>Absorbent pads can help to clean up grease and oil that have spilled on the ground. They serve as an effective barrier to grease and oil entering the storm drain system.</p> <p>Spill kits should be properly equipped and available for staff.</p>	<p>The discharge of grease and oil into receiving streams will degrade water quality by adding biological and chemical oxygen demand to the body of water.</p> <p>Discharge of grease and oil to the storm drain might also result in penalties or fines.</p>

Here are some helpful Do's & Don'ts to help your business be successful in preventing FOG from entering the sanitary sewer system and to remain compliant with the City FOG Program.

## **DO**

- Scrape excess grease into a sealed container or secured bag and dispose of it in the trash (or containers specifically designated for grease, including waste grease dumpsters/containers)
- Place food scraps in waste containers or garbage bags for disposal with solid wastes.
- Scrape dishware prior to washing
- For businesses with Grease Traps, rinse all pots, pans, dishes in a pre-rinse sink prior to loading in automatic dishwasher. This will minimize FOG discharges to the sanitary sewer system and prevent backups in the kitchen. Dishwashers are not typically connected to the grease trap (and are required to only conned to the grease interceptor if present).
- Regularly clean FOG pretreatment devices and record all cleaning, maintenance and inspection activities on the maintenance log.
- Document all wastes removed from grease traps, interceptors, and dumpsters/containers on a City waste manifest form.

## **DO NOT**

- Discharge fats, oils and grease in concentrations that can cause an obstruction to the sewer flow.
- Place FOG in any sinks or toilets.
- Discharge butchering wastes (animal tissues, bones, hides, hair, entrails, etc.) of any kind to the sanitary sewer system.
- Discharge wastewater with temperatures in excess of 140°F to any FOG pretreatment device.
- Discharge waste from a food waste disposal unit to any grease trap.
- Discharge caustics, acids, solvents, soaps, enzymes, unauthorized bacteria products other emulsifying agents into sinks that feed grease traps or interceptors.
- Discharge fats, wax, grease or oils containing substances that will become viscous between 32°F (0°C) and 150°F (65°C).
- Utilize biological agents, chemicals or enzymes for grease remediation without permission of the City.
- Clean equipment outdoors in an area where water can flow to the gutter, storm drain or street.
- Use the toilet to dispose of FOG waste.