

**FOR IMMEDIATE RELEASE**  
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**Contact Information:**  
Nicole Coleman  
Communications & Media Officer II  
Sacramento Area Sewer District  
[ColemanN@sacsewer.com](mailto:ColemanN@sacsewer.com)  
(916) 876-6246

### **Give Thanks for Clear Pipes – Can it! Scrape it! Trash it!**

*This holiday season, help Stop the Clog by properly disposing of used cooking oil and food scraps*

**Sacramento, Calif.**—It's the time of year for family and friends to come together and enjoy a delicious meal. After all the planning and prepping, the last thing anyone needs is a costly sewer backup to ruin the holiday.

Sewer blockages and backups caused by improper disposal of fats, oils, and grease (FOG) typically increase during the holidays. The Sacramento Area Sewer District (SASD) is reminding area residents to properly dispose of FOG to keep their sewer pipes clog-free.

Backups and clogs are caused by fatty foods—such as food scraps, meat fats, cooking oils, lard, baked goods, salad dressings, sauces, and marinades—being put down the kitchen sink rather than in the trash. When these foods are dumped down the drain, FOG cools and solidifies, sticking to the sewer pipes. Over time, that FOG restricts flow and can cause a messy sewer backup. Sewer overflows are not only bad for the environment, they can also require extensive and costly repairs for homeowners and property managers.

If deep frying a turkey this holiday season, be sure to properly capture all used cooking oil and then take it to a recycling center (link to location information below). When cleaning up after cooking, baking, or enjoying a meal, always remember to follow these simple steps to minimize the amount of FOG that winds up in your sewer pipes:

- **Can it.** After they have cooled, pour fats, oils, and grease into a sturdy container, like a coffee can.
- **Scrape it.** Before washing dishes, scrape all fats, oils, and grease residuals from pots, pans, and dishes.
- **Trash it.** Put all fats, oils, and grease in the garbage.

“The holidays are a time for good food and great company,” said Jan Holm, manager of Customer Care for SASD. “By knowing the proper way to dispose of FOG, you can avoid the headache and expense of dealing with a sewer backup, spending time with family instead.”

For more tips on proper FOG disposal, including a list of local facilities that accept cooking oil, visit [StopTheClog.com](http://StopTheClog.com). You can also “like” SASD on Facebook at [facebook.com/SacSewer](https://facebook.com/SacSewer) and follow us on Twitter at [twitter.com/SacSewer](https://twitter.com/SacSewer).

Remember, for sewer problems, call SASD **24 hours a day, 7 days a week—even on holidays—at (916) 875-6730**. We'll help you figure out the next step.

*The Sacramento Area Sewer District (SASD) is a sewer utility providing service to more than one million residents and businesses in the Sacramento region, including the unincorporated areas of Sacramento County; the cities of Citrus Heights, Rancho Cordova, and Elk Grove; as well as portions of the cities of Folsom and Sacramento. SASD owns and operates thousands of miles of lower lateral and main line sewer pipes and is responsible for the day-to-day operations and maintenance of these pipes. Visit [sacsewer.com](http://sacsewer.com) for more information.*