

# STUFF YOUR BELLY. NOT YOUR PIPES.

## KEEP HOUSEHOLD DRAINS FAT-FREE

▶ It may seem harmless to pour your fats, oils and grease down the kitchen drain. But it can cause real trouble for you and your community.

## SEWAGE OVERFLOWS ARE A BIG PROBLEM

Overflowing sewers hurt the environment, pollute drinking water and can result in fines and serious repair bills for homeowners, businesses and cities.



23,000-75,000

Estimated annual sanitary sewer overflows in the U.S., according to the latest available information from the Environmental Protection Agency



3-10 BILLION

Gallons of untreated sewage released annually to local waterways



47%

of sewer blockages are caused by grease

## SACRAMENTO SEWER STATS

We have a beautiful city! Keeping our sewers running smoothly helps keep Sacramento clean and safe for everybody.



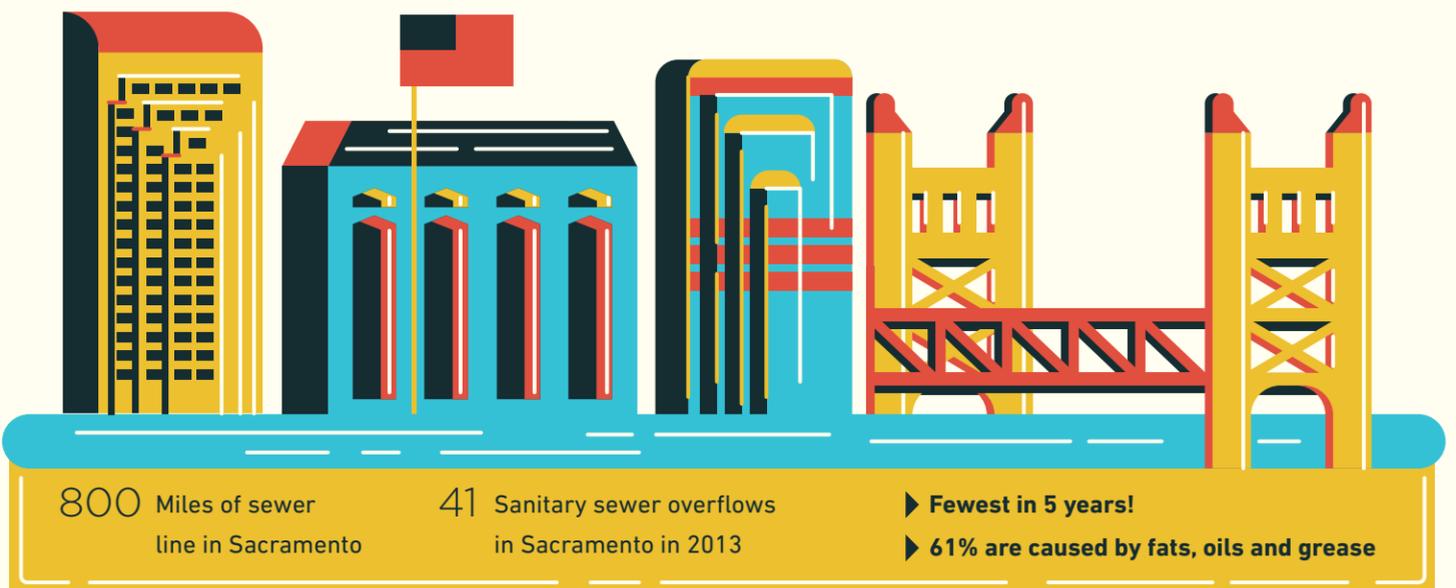
\$500

Cost to the City of Sacramento to clean up a sewage overflow



\$250

Cost to a homeowner to unclog a grease-clogged pipe



## DOWN THE DRAIN

Think before you wash that grease down the drain! Many foods contain fats, oils and grease that can build up over time in sewer pipes and can cause clogs and overflows.

Percent of weight consisting of fat



81.1%  
BUTTER



44.5%  
RANCH DRESSING

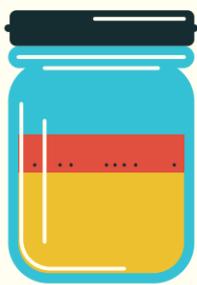


33.4%  
MAYONNAISE



11%  
VANILLA ICE CREAM

## HOW YOU CAN PROPERLY DISPOSE OF FATS, OILS AND GREASE



CAN IT.

Pour leftover oils and grease into an empty can or jar



SCRAPE IT.

Scrape fats and grease out of dirty pots, pans and dishes



TRASH IT.

Put fatty and greasy food scraps in the trash, not down the drain

HELP YOUR WALLET, YOUR ENVIRONMENT AND YOUR CITY!

Remember to Can it. Scrape it. Trash it. You can keep Sacramento's sewers fat-free!

### SOURCES

[http://water.epa.gov/polwaste/npdes/cso/upload/cosso\\_rtc\\_factsheet.pdf](http://water.epa.gov/polwaste/npdes/cso/upload/cosso_rtc_factsheet.pdf)  
[http://water.epa.gov/polwaste/npdes/cso/upload/cossoRTC2004\\_chapter04.pdf](http://water.epa.gov/polwaste/npdes/cso/upload/cossoRTC2004_chapter04.pdf)  
<http://www.capradio.org/articles/2013/06/25/city-of-sacramento-progressing-through-sewer-cleanout-plan/>  
<http://portal.cityofsacramento.org/Utilities/Resources/Reports>  
<http://www.sacramentofatfreedraains.com/residential.html>  
<http://ndb.nal.usda.gov/ndb/foods/show/1327?lookup=01145&max=25&man=&facet=&new=1>  
<http://ndb.nal.usda.gov/ndb/foods/show/7297?g=&man=&facet=&format=&count=&max=25&offset=&sort=&qlookup=ranch>  
<http://ndb.nal.usda.gov/ndb/foods/show/60117?g=&man=&facet=&format=&count=&max=25&offset=&sort=&qlookup=ice-cream>  
<http://www.fatsecret.com/calories-nutrition/usda/mayonnaise>  
<http://www.villabertolli.com/product/detail/114806/bertolli-alfredo-pasta-sauces-alfredo-sauce-bertolli>



sacramentofatfreedraains.com

