

# Kitchen Best Management Practices (BMPs) for Fats, Oils and Grease (FOG)



The best way to stop FOG from building up in sewer lines is to prevent it from entering your drains, by using “Kitchen Best Management Practices.” The most common Kitchen BMPs are listed below.

Kitchen BMP	Reason For	Benefits to Food Service Establishment
<p>Train employees in kitchen BMPs, including the proper methods of FOG disposal. Provide frequent refresher training as well.</p>	<p>Employees are more willing to support an effort if they understand the importance of implementing BMPs to prevent sewer spills.</p>	<p>Subsequent benefits of BMPs will have a better chance of being implemented.</p>
<p>Display the appropriate “No Grease” signs or posters prominently in the workplace.</p>	<p>Signs serve as a constant reminder for employees working in kitchens.</p>	<p>These reminders will help minimize grease discharge to the traps and interceptors and reduce the cost of cleaning and disposal.</p>
<p>Install screens on all kitchen drains. Consider openings that are not more than 3/16 inch. Screens should be removable for frequent cleaning.</p>	<p>Drain screens prevent food particles containing FOG from entering into the sewer system and causing sewer blockages.</p>	<p>This will reduce the amount of material going to grease traps and interceptors. As a result, grease traps and interceptors will require less frequent cleaning, thus reducing maintenance costs.</p>
<p>Hot water over 140°F from cooking or cleaning operations should not be put down a drain that is connected to a grease trap or grease interceptor.</p>	<p>Temperatures in excess of 140 °F will dissolve grease, which may re-congeal or solidify in the sanitary sewer collection system as the water cools.</p>	<p>Using water less than 140 F, where applicable, will reduce gas or electric energy costs for heating the water. This will also help prevent FOG “pass through” in grease interceptors.</p>



Kitchen BMP	Reason For	Benefits to Food Service Establishment
<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.</p>	<p>This will prevent FOG drips and spills.</p>
<p>Pour all cooking grease (yellow grease) and liquid oil from pots, pans and fryers into a covered grease container for recycling. Use a permitted waste collection service or authorized rendering/recycling center and keep a log.</p> 	<p>Recycling reduces the amount of FOG discharged to the sewer. There are several waste oil rendering facilities in Virginia.</p>	<p>The Food Service Establishment may be paid for the waste material, reducing the amount of waste/garbage it must pay to have it hauled away.</p>
<p>Scrape or dry-wipe excess food and solidified grease from pots, pans, fryers, utensils, screens and mats, then dispose of it in the trash.</p> 	<p>By dry-wiping pots, pans, and dishware and disposing food wastes in garbage receptacles, the material will not be sent to the grease traps and interceptors, but instead go to the landfill.</p>	<p>This will reduce the amount of material going to grease traps and interceptors, which will require less frequent cleaning, thereby reducing maintenance cost.</p>
<p>Dispose of food waste by recycling and/or solid waste removal.</p> 	<p>Some recyclers will take food waste for animal feed. In the absence of such recyclers, the food waste can be disposed as solid waste in landfills by solid waste haulers.</p>	<p>Recycling of food waste will reduce the cost of solids waste disposal. Solid waste disposal of food waste will reduce the frequency and cost of grease trap and interceptor cleaning.</p>
<p>Use "Spill Kits" – make your own spill kits with absorbent material such as absorbent pads or kitty litter. Keep them well-marked and accessible for cleaning spills. Dispose of used absorbent in the trash. Designate a key employee on each shift to monitor cleanup and restock the kits.</p> 	<p>Absorbent materials can serve as an effective agent to absorb grease and oil.</p>	<p>This will reduce the amount of material going to grease traps and interceptors, which will require less frequent cleaning, reducing maintenance costs.</p>
<p>Routinely clean kitchen exhaust system filters/hoods. Dispose of waste from hoods and filters by emptying it into a drain connected to a grease interceptor if you have one, or have the hoods professionally maintained.</p> 	<p>If grease and oil escape through the kitchen exhaust system, it can accumulate on the roof of the establishment and eventually enter the storm drain system when it rains.</p>	<p>The discharge of grease and oil to the storm drain system will degrade the water quality of receiving streams. In addition, it is a violation of water quality regulations, which might result in legal penalties or fines.</p>