



# Keep your pipes **FAT FREE**

**Protect your home and sewer pipes  
from blockages and backups  
by following these good  
kitchen practices**



ENVIRONMENTAL SERVICES  
CITY OF PORTLAND

working for clean rivers

Nick Fish, Commissioner  
Michael Jordan, Director



# How to keep your pipes fat free

When the fats, oils, and grease from cooking go down your kitchen drains, they can stick to and build up inside your home or sewer pipes. This build-up, especially when combined with food scraps, can block pipes, causing a sewer backup. Sewer backups can damage your or your neighbor's property, threaten public health, and harm the environment.



Pipes coated by fats, oils, and grease cost more to clean and increase the risk of sewer backups. Watch the video at [www.portlandoregon.gov/bes/Grease](http://www.portlandoregon.gov/bes/Grease) to see how grease can build up in and block sewer pipes.

## Follow these clean-up tips

When cleaning up dishes and cooking spaces:

- Scrape plates to the compost or garbage before rinsing or washing.
- Wipe oil or grease from pans, dishes, or countertops with a paper towel and place the towel in the garbage or compost.
- Use rubber scrapers to remove grease from pots and pans before cleaning.
- Pour used cooking oil into an old can, freeze it, and then place it in the garbage.
- Catch crumbs and food scraps with sink strainers. Empty strainers into the compost or garbage.
- Place peelings and food scraps in the compost or garbage instead of using your sink's garbage disposal.



# It's more than bacon grease

Fats, oils, and grease from cooking also include things like:



Oils, dressings,  
and mayonnaise



Butter and other  
dairy products



Gravy and  
sauces

Many things, if flushed, can damage your home or sewer pipes and cause a backup. Even items advertised as “flushable” frequently don’t break down in water and block sewer pipes.



Learn more at [www.portlandoregon.gov/bes/WhatNotToFlush](http://www.portlandoregon.gov/bes/WhatNotToFlush).



## ENVIRONMENTAL SERVICES CITY OF PORTLAND

1120 SW 5th Avenue, Room 1000, Portland, OR 97204  
503-823-7740 | [www.portlandoregon.gov/bes](http://www.portlandoregon.gov/bes)  
@BESPortland | [facebook.com/PortlandBES](https://www.facebook.com/PortlandBES)



To request translation, interpretation, modifications, accommodations, or other auxiliary aids, please call 503-823-7740 or use Oregon Relay Service: 711.

More information • Más información • 欲了解更多信息 •  
Дополнительная информация • Them thông tin • Mai  
multe informații • Macluumaad dheeri ah • Подробиці •  
Tichikin Poraus • अधिक सूचना 📞 **503-823-7740**

Printed on recycled paper.

Cover photo: [istockphoto.com/edellis](https://www.istockphoto.com/edellis)

Bacon photo: [istockphoto.com/FastGlassPhotos](https://www.istockphoto.com/FastGlassPhotos)

OD1913 MARCH • APRIL • MAY 2019