

# Common Sources of

# FOG

[www.fortsmithwater.org/fog](http://www.fortsmithwater.org/fog)

Cooking Oils, Margarine,  
& Butter



Mayonnaise



Ranch  
&  
Other Dressings



Food Scraps



Peanut Butter



Gravy, Marinades,  
& Sauces



Dairy Products:  
Milk, Cheese, Ice Cream, Sour Cream,  
Yogurt...



Lard, Bacon Grease,  
& Meat Drippings



Pastries



**Put Fats, Oils, & Grease in the trash,**

**KICK 'EM TO THE CAN**

**NEVER DOWN THE DRAIN**