



Town of Culpeper Guide To Developing Kitchen Best Management Practices (BMPs) for Fats, Oils, and Grease (FOG)



What is FOG?

FOG is an abbreviation for Fats, Oils, and Greases. FOG is composed of animal and vegetable fats and oils that are used to cook and prepare food. FOG wastes cause problems not only for restaurants but for the collection/distribution system and the water pollution control facility as well. This adds up to increased operating costs for businesses and potential adverse environmental impacts to the bodies of water near our beautiful home of Culpeper and surrounding areas. FOG can cause Sanitary Sewer Overflows (SSOs) and lead to backups into homes and businesses, which is a health hazard. On the next page of this guide are a number of Best Management Practices (BMPs) that need to be implemented in your business as required by your FOG permit. Implementation of these BMPs will provide benefits to your business establishment and will help maintain compliance with your FOG permit. Posting these BMPs in food preparation area will help the employees become more aware of this issue and the methods to prevent FOG from entering the sewer system,

Information about the Town of Culpeper's FOG program, including the town ordinance, required forms, questionnaires and brochures can be found at:

<http://www.culpeperva.gov/departments/DES/index.htm>

Or you may contact Melanie Bayne, Operations Program Manager, at 540-825-8671 ext. 8160 or e-mail at mbayne@culpeperva.gov.

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Town of Culpeper



Kitchen BMP	Reason	Benefits to Food Service Establishment (FSE)
Train employees in kitchen BMPs. Document training.	People are more willing to support an effort if they understand the basis for it.	All of the subsequent benefits of BMPs will have a better chance of being implemented.
Post “No Grease” signs above sinks and on the front of dishwashers	Signs serve as a constant reminder for staff working kitchens.	These reminders will help minimize grease discharge to the traps and reduce the cost of cleaning and disposal.
Use water temperature of less than 120° F for grease traps and less than 150° F for interceptors. Water from a mechanical dishwasher should not be discharged through a grease trap or interceptor.	Temperatures in excess of 140° F will dissolve grease, but it can solidify in the sanitary system as the water cools down causing blockages over time.	The food service establishment will reduce its costs for the energy (gas or electric) for heating the water. This will also help prevent FOG “pass through” in grease interceptors.
Install screens on all kitchen drains. Consider openings that are not more than 3/16 inch. Screens should be removable for frequent cleaning	Drain screens prevent food particles containing FOG from entering into the sewer system and causing sewer blockages.	This will reduce the amount of material going to grease traps and interceptors. As a result, grease traps will require less frequent cleaning, thus reducing maintenance costs.
“Dry wipe” all pots, pans, and plates prior to washing.	Wiping the FOG and food that remain in pots, pans, and dishware before washing will keep the FOG out of the grease traps and interceptors.	This will reduce the amount of material going to grease traps and interceptors. As a result, grease traps will require less frequent cleaning, thus reducing maintenance costs.
Recycle waste cooking oil.	There are many companies who specialize in taking waste cooking oil from fryers and other types of equipment and making animal feed or fuels, such as biodiesel from it.	Recycling reduces the amount of wastes that have to be disposed as a solid waste, and helps to prolong the life of any grease traps and interceptors. It keeps FOG out of the sewer system.
When transporting used FOG, don’t overfill containers and use covers.	If containers are overfull or lack covers, the FOG may spill over.	This will prevent FOG drips and spills.
Witness Grease Interceptor Cleaning.	Grease trap/interceptor haulers may take shortcuts. They may not completely clean the unit or only partially remove accumulation materials.	Witnessing the cleaning of the grease traps or interceptors will ensure that the food service establishment is getting full value for the cost of the cleaning.
Keep a maintenance log and all service records.	The log serves as a record of the frequency and volume of cleaning of the interceptors.	The maintenance log serves as a record of cleaning frequency and can help reduce costs.

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Cover outdoor grease and oil storage containers.	Uncovered grease and oil storage containers can collect rainwater. Since grease and oil float, the rainwater can cause an overflow onto the ground. Such an overflow will eventually reach the nearby streams	The discharge of grease and oil to the receiving streams will degrade water quality by adding biological and chemical oxygen demand to the stream. Discharge of grease and oil to the storm drain might also result in penalties or fines.
Locate grease dumpsters and storage containers away from storm drain catch basins.	The farther away from the catch basin, the more time someone has to clean up spills or drainage before it enters the storm drain system.	The discharge of grease and oil to the receiving streams will degrade water quality by adding biological and chemical oxygen demand to the stream. Discharge of grease and oil to the storm drain might also result in penalties or fines.
Use absorbent pads or other material in the storm drain catch basins if grease dumpsters and containers must be located nearby. Do not use free flowing materials such as "kitty litter" or sawdust.	Absorbent pads and other materials can serve as an effective barrier to grease and oil entering the storm drain system.	The discharge of grease and oil to the receiving streams will degrade water quality by adding biological and chemical oxygen demand to the stream. Discharge of grease and oil to the storm drain might also result in penalties or fines.
Routinely clean exhaust hoods.	If FOG escapes through the kitchen exhaust system, it can accumulate on the roof of the restaurant and eventually start a fire or enter the storm drain.	Protection of the receiving water and fire prevention.

