

# Fats, Oils and Grease

## Information Sheet

### Restaurants and Food Services Sector

Fats, oils and grease (FOG) going down the drain creates problems for your business, the sewer system, human health and the environment. Without proper management and maintenance, FOG build-up can clog pipes, reduce plumbing flow, cause odours, pest infestations, and contributes to sewer backups, costing your business time and money.

Proper FOG management is a must for a responsible and sustainable business. Simple actions and a properly sized grease interceptor can reduce costs and manage risk to waste water plumbing.

Food service operators connected to a Capital Regional District (CRD) sanitary sewer system are required to install and maintain a grease interceptor as outlined in the code of practice under Schedule "1" of the Capital Regional District Sewer Use Bylaw No. 2922. This information sheet provides a highlight of key requirements in the code of practice. See the bylaw for full details.

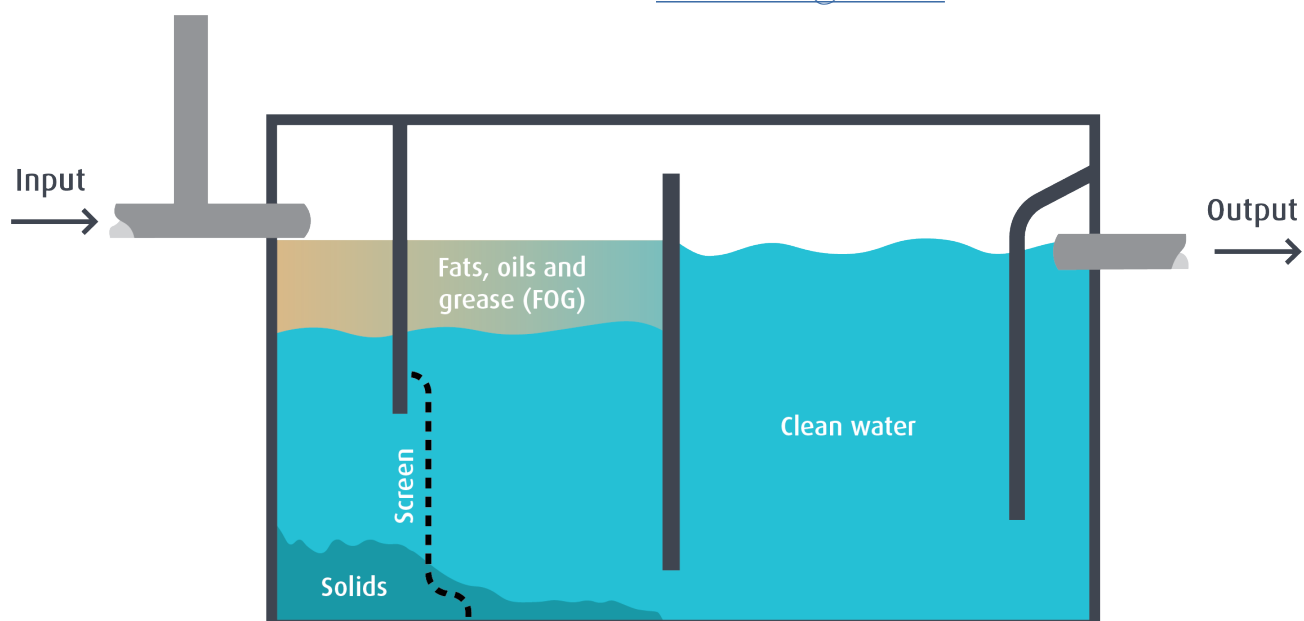
#### Common Sources of FOG

- Cooking oils and fats
- Salad dressing
- Sauces
- Nuts and Seeds
- Meat
- Fish
- Dairy
- Alternative Milks

### How Does a Grease Interceptor Work?

Grease interceptors control the flow of wastewater allowing fats, oils and grease to float and solids to settle. FOG and solids should be routinely removed from the grease interceptor and disposed of responsibly. A properly sized and maintained grease interceptor will protect your business and municipal infrastructure.

When sizing your grease interceptor, bigger is better. For help with sizing and to ensure your grease interceptor complies with the Bylaw, contact the CRD at [sourcecontrol@crd.bc.ca](mailto:sourcecontrol@crd.bc.ca).



## Cleaning

Business owners should monitor accumulated grease levels and clean grease interceptors regularly. Oil, grease and solids must not exceed 25% of the wetted height of the grease interceptor. Do not use enzymes, bacteria, solvents, chemical agents or hot water to help FOG move through the grease interceptor.

Dispose of waste properly. Work with the hauler and the CRD to determine the right cleaning schedule for your business. When choosing a hauler, look for one that will fill out the records completely and fits your preferred schedule. Collect used cooking oil for recycling. Some companies will collect used cooking oil for free and convert it into eco-friendly products.

### List of Trucked Liquid Waste Haulers

Hauler	Grease Interceptor Waste	Used Cooking Oil
All Out Septic	X	
Ergo		X
GFL Environmental	X	
Gulf Island Septic	X	
Superior Steam Cleaning	X	
Redux		X
Roto Rooter	X	

## Records

Records must be posted and easily accessible by the CRD for a period of two years. Records must include the date of inspection, cleaning or maintenance, maintenance conducted, quantity of material removed and disposal location.

A sample maintenance log is available on the back page. Ensure the trucked liquid waste hauler accurately completes the form.



## FOG Best Practices

- Scrape food waste and FOG from plates, pans, trays and utensils into the organics bin using a spatula before washing.
- Pour oily liquids like gravy, sauce or salad dressing into the organics bin or a sealable container for later disposal in the garbage.
- Avoid putting dishes or food in a sink not connected to a grease interceptor such as a hand wash sink.
- Train staff on proper FOG management and appoint a staff member(s) to take ownership of your FOG management. Include this task within opening/closing routine.
- Place signs in the kitchen as a reminder of what cannot go down the drain.
- Follow a regular grease interceptor cleaning schedule with help from your liquid waste hauler and the CRD.
- Audit the kitchen for fats, oils and grease. Are the correct sinks being used to clean kitchen equipment coated in oil? Are there areas where fat and oil can be reduced or swapped for other ingredients? Are there areas where excess oil or fat may be used?
- FOG must be properly disposed of and not discharged to the sewer or storm drain systems.

## Check Out More Ways to Protect the Environment

- ❑ Only rain down the drain! Never pour any fluids, wash/rinse water, wastewater or spills into storm drains, ditches, parking lots or outdoor work areas.
- ❑ Educate staff about spill prevention and response and have a spill plan and kit available.
- ❑ Use environmentally friendly cleaning products and reduce the amount used when possible.
- ❑ Store waste products and outdoor containers under covered areas with appropriate spill containment. Inspect after a rainstorm to make sure no materials have leaked out.
- ❑ If you operate in North Saanich, Central Saanich or Sidney, check out the [CRD Saanich Peninsula Stormwater Bylaw No. 4168](#) requirements. If you operate in another municipality, refer to their stormwater bylaw.
- ❑ Switch out your water-wasting [once-through cooling \(OTC\) system](#) for a new air-cooled system. Depending on the type of OTC system, the typical payback period is one to three years and rebates may be available.
- ❑ Protect our drinking water. Operators must ensure proper [connections and backflow protection](#) are in place and maintained.
- ❑ FOG must be properly disposed of and not discharged to the sewer or storm drain systems.
- ❑ **Spill Response:** If you have a spill/leak, follow these steps:
  1. Call **Emergency Management BC** at 1.800.663.3456. If the spill enters a storm drain, ditch or public roadway, also call your municipal public works department. Contact information can be found at [www.crd.bc.ca/report-spill](http://www.crd.bc.ca/report-spill).
  2. Make sure the spill poses no immediate threat to people. **Call 911 for spills that are flammable, toxic, corrosive or hazardous.**
  3. If safe to do so, prevent continuous spills from entering storm drains, ditches, roadways, creeks or shorelines with absorbent pads, rags or kitty litter. **Do NOT clean up by hosing down the spill.**



To learn more about the Food Services Code of Practice, visit [www.crd.bc.ca/food](http://www.crd.bc.ca/food).

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### Grease Interceptor Maintenance Log

Date (day-month-year) e.g., 03-March-2010	Inspection Conducted (yes/no)	Cleaning Conducted (yes/no)	Approximate Depth of Grease and Solids in inches	Quantity of material removed (lbs/kgs)	Disposal Location e.g., SPL	Cleaning/ Inspection conducted by
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