



INSTRUCTIONS
for
FATS OIL AND GREASE CONTROL
TRAINING



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INSTRUCTIONS

1. Gather applicable employees: those who work in...
 - kitchen
 - food prep
 - cleaning & mopping
 - garbage disposal employees
 - dishwashers
2. Go through attached information packet with employees. Ensure the message of **NO** fats oils or grease are to go down the drain is understood. Emphasize that employees are meant to scrape dishes with a pan scraper into the garbage, or use paper towels to wipe grease into garbage. This can take 5 minutes.
3. Have employees fill in sign-in sheet.
4. Repeat monthly.
4. Scan and email sign-in sheet to FOG@lkstevenssewer.org at the end of the year.

Thank you!



FATS



ILS



REASE

Kitchen Best Management Practices (BMPs)

| To Do | Why? | Benefits |
|---|---|---|
| Train employees | Employees help eliminate grease blockages and sewer spills | Avoid sewer blockage, fines and environmental issues |
| Display "No Grease" information in the workplace | Reminds employees to reduce FOG in the kitchen | Minimize grease discharge; reduce cleaning and disposal costs |
| Scrape or dry-wipe excess food and grease from cookware; dispose in trash | Keeps grease out of traps and interceptors | Less frequent cleaning, reduce maintenance costs |
| Install removable screens on all kitchen drains | Prevents food from clogging the sewer system | Reduce grease and food in traps and interceptors |
| Keep hot water to drains less than 140° F | Hot water dissolves grease and pushes it to the sewer pipe | Reduce costs to heat water; prevent FOG "pass through" in grease interceptors |
| Don't overfill FOG containers | Prevents slippery FOG spills | Employee safety |
| Pour cooking grease, liquid oil into covered grease container, and ensure easy access to containers | Reduces amount of grease discharged to sewer | Reduce grease waste and garbage fees |
| Use Spill Kits | Absorb spilled grease and oil | Reduce material in grease traps and interceptors |
| Routinely clean kitchen exhaust system filters/hoods | Grease and oil in kitchen exhaust system can accumulate on the roof and may enter the stormdrain system when it rains | Protect local waterways. Avoid penalties or fines for polluting water |



FATS

MANTECA



OILS

ACEITE



GREASE

GRASA

Las mejores practicas de administracion para la cocina

| Para hacer | Por que? | Beneficios |
|--|---|---|
| Entrene a los empleados | Los empleados ayudan a eliminar los bloqueos causados por la grasa y los derrames en las alcantarillas | Los restaurantes se evitara multas al no bloquear el alcantarillado y evitan problemas ambientales |
| Coloque la informacion de "No se permite grasa" en el lugar de trabajo | Les recuerda a los empleados a reducir la cantidad de manteca, aceite y grasa en la cocina | Reduce la descarga de grasa e los restaurantes; reduce el costo de limpieza y de desecho |
| Raspe o limpie en seco el exceso de comida y la grasa solidificada de los sartenes; tirela en la basura | Mantiene la grasa fuera de los colectores e interceptores | Menos grasa en los colectores significa tener que limpiar menos frecuente, lo cual reduce los costos de mantenimiento |
| Instale mallas removibles en todos los desagues de la cocina | Previene que las particulas de comida entren y bloqueen el sistema de alcantarillado | Reduce la cantidad de grasa y de material de comida en los colectores e interceptores |
| Use agua caliente en los desagues a menos de 140° F | El agua a una temperatura mas caliente de 140° F disuelve la grasa, causando que se solidifique despues en la tuberia del alcantarillado | Reduce los costos de calentar agua; previene que la manteca, aceite y grasa "pase a traves" de los interceptores para grasa |
| No rebalse los envases de FOG (manteca, aceite y grasa) | Previene derrames resbalosos de manteca, aceite y grasa | Seguridad de los empleados |
| Vierta la grasa para cocinar y el aceite liquido en un recipiente para grasa y cubralo | Reduce la cantidad de grasa que es descargada al alcantarillado | Los restaurantes reducen el desperdicio de grasa y el costo potencial de transportar basura |
| Use los estuchess para los derrames | Los materiales absorbentes la grasa y el aceite derramado | Reduce la cantidad de material en los colectores e interceptores de grasa |
| De manera rutinaria, limpie los filtros y campanas del sistema de ventilacion de la cocina. (Vacie el agua que uso para limpiar las campanas y los filtros en un desague conectado a un interceptor de grasa; o haga que le limpien las campanas a traves de un servicio profesional.) | Si la grasa y el aceite se escapan a traves del sistema de ventilacion de la cocina, pueden acumularse en el techo y eventualmente entrar al sistema de alcantarillado de aguas pluviales | Se protege la calidad del agua en las vias fluviales locales. Evita multas o infracciones debido a las regulaciones sobre aguas pluviales |



Food Service Establishment FOG Abatement Program

All food service establishments must train kitchen staff regularly on Best Management Practices (BMPs) that prevent fats, oils and grease from entering the public sanitary sewer and stormwater systems. The Lake Stevens Sewer District's representatives inspect kitchens periodically to ensure staff is properly trained in BMPs and using them. Please post this log as your record of training kitchen staff regularly, and keep it up to date.

PLEASE POST In House Training Log

| Training Date (day, month, year) | Training Topics | Trainees (print employees first and last name) |
|-------------------------------------|-----------------|---|
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