

# BEST PRACTICES FOR Kitchen Waste – *Fats, Oil and Grease*

Fats, oil and grease are products of cooking and occur naturally in many foods such as:

- Cooking oil, meat fats
- Butter, margarine, shortening and lard
- Salad dressing, baking goods, sauces and dairy products

Warm fats, oil and grease may not appear harmful but, if poured down the drain, they will cool and solidify and may build up inside pipes. Over time, fats, oil and grease can build up until it completely blocks a sewer pipe.

Blockages create difficult and expensive maintenance problems. Blocked sewer pipes can cause raw sewage to back up into your home or business, or overflow into the streets and streams of your neighbourhood.

**Keep your home's sewer pipes 'fat free' with these simple actions:**

- > Allow fats, oil and grease to cool and dispose of them in your green bin. If a green bin is not available to you, dispose of them in your garbage.
- > **Scrape grease and food scraps into your green bin or garbage before washing**
- > Do not put grease down garburators. These units only shred solid material into smaller pieces and do not prevent grease from blocking pipes or contaminating wastewater.
- > **Use a strainer in the sink to catch food scraps and other solids**

Don't wipe oil or grease from plates and utensils with cloth towels. The grease will end up in your pipes after you do the laundry. And it may create a fire hazard.

## What is Source Control?

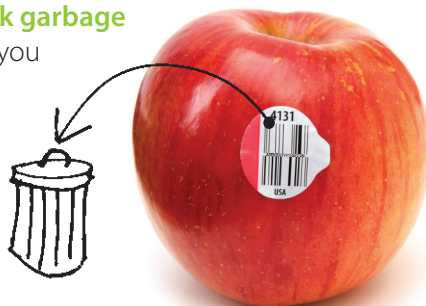
Source Control is an **economical and effective way** to influence the quantity and quality of wastewater entering RDN systems.

Follow these best practices to reduce pollution at the source so it doesn't end up in our environment.



## How else can I help in the kitchen?

- > Keep coffee grounds and tea leaves out of the drain.
- > **Put produce stickers in the garbage.** They don't biodegrade and can contaminate biosolids.
- > Use half the manufacturers' recommended amount of dishwashing detergent (the full amount is too much for our soft water).
- > **Stop using your in-sink garbage disposal** (garburator) if you have one.



# BEST PRACTICES FOR Kitchen Waste – In-sink Garbage Disposal

## What happens when I use the garburator?

In-sink garbage disposal units (garburators) are designed to shred food waste into small pieces to be disposed of down the kitchen sink. Depending on where the shredded material ends up, it can lead to a number of undesirable outcomes.

### Stuck in your pipes

Like with fats, oils and grease, the shredded organic solids from your garburator can accumulate and, over time, create blockages in your household pipes.

### Hazardous Waste

Larger food particles which make it to the treatment plant may be screened out during pre-treatment. Screened material is collected and **sent to the landfill as hazardous waste** (not household waste) because of what they have been in contact with.

### Biosolids

Biosolids are a **beneficial resource material** made from treated wastewater sludge. However, turning food waste into biosolids requires more energy and resources than it would to turn it into compost in your backyard or at the regional composting facility.

Q:

Do I need to remove my garburator?

A:

No, **simply stop using the garburator.**

Consider placing a basket strainer in the sink drain to catch solids.

## When we use a garburator,

we put a clean, reusable resource down the drain.

## Instead of using your garburator, try composting. Why?

### It's More Sustainable

Composting is the **most sustainable way to manage organic waste** because it creates resources, rather than using them. Composted food waste becomes a useful soil amender. Running a garburator uses water and electricity. When food waste makes it to the treatment facilities, its treatment will also require additional chemicals.

### It Costs Less

**It costs more to treat wastewater** (and produce biosolids from organic matter) than it does to process compost. In addition, solid material can build up in household pipes and lead to expensive repairs.

### It Uses Less Space

Garburators add material to the system. The added volume means costly expansions have to be done sooner. Also, wastewater treatment facilities have a limited life but a composting plant can continue to process waste indefinitely.

### It Improves Water Quality

After food waste is put down the drain, it decomposes and uses up oxygen in the wastewater. Effluent is eventually discharged into the Strait of Georgia. Oxygen-depleted effluent can harm marine life.

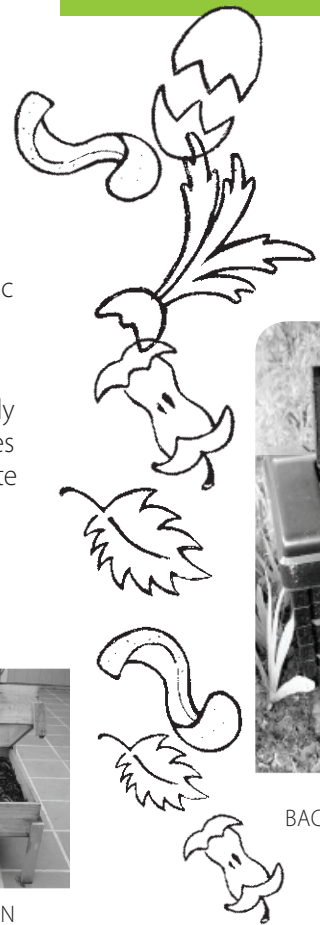


## How can I compost?

Backyard composting and using the Green Bin are the most sustainable option for managing food waste. If the Green Bin program is not available to you, consider asking your strata council or building manager to make a waste diversion program available. Also, consider setting up a backyard compost or worm bin.



WORM BIN



BACKYARD COMPOST



[www.rdn.bc.ca](http://www.rdn.bc.ca)



For More Information, contact RDN Wastewater Services or Solid Waste Services

(250)390-6560 (250)954-3792 Oceanside (Toll Free)1-877-607-4111