


# Think Before You Pour

Prevent fats, oils and greases (FOGs) from damaging our wastewater network and environment.



FOGs used in cooking may be liquid after use, but can cool and harden as they travel along the pipes. FOGs can cause blockages in our homes, businesses, public sewer network and wastewater treatment plants.

## #ThinkB4UPour

### Always

- ✓ Wipe and scrape plates before washing
- ✓ Collect all used cooking oil into a suitable container, allow it to cool and throw it in the bin
- ✓ Use strainers in sink plug holes

### Never

- ✗ Put fats, oils or grease down the sink
- ✗ Put food scrapings into the sink
- ✗ Pour harmful chemicals down the sink or drain to try and dissolve fats, oils or grease

Want to find out more? Visit [www.thinkbeforeyoupour.org](http://www.thinkbeforeyoupour.org)



Think Before You Pour is operated by An Taisce's Clean Coasts Programme in partnership with Irish Water