

Think  
before  
**you**  
pour



Fats, oils and greases (FOGs) used in cooking may be liquid after use, but they can harden inside pipes when poured down the sink.

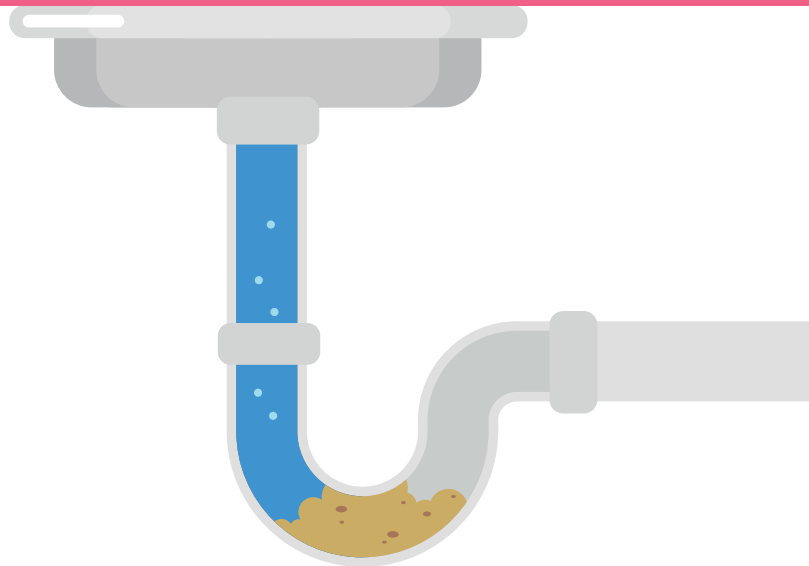
This causes blockages in pipes, leading to problems in our households, wastewater systems, and marine environment.

## DO

- ✓ Wipe and scrape plates before washing
- ✓ Collect all used cooking oil into a suitable container
- ✓ Use strainers in sink plug holes, then empty into a suitable bin

## DON'T

- ✗ 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



Prevent blocked pipes and drains  
and support **Think Before You Pour**

#thinkb4upour

[www.thinkbeforeyouflush.org/thinkbeforeyoupour](http://www.thinkbeforeyouflush.org/thinkbeforeyoupour)

