

# THINK BEFORE YOU POUR

Pouring fats, oils and greases (FOGs) down your sink can cause blockages in our homes, businesses and wastewater treatment plants.

## REMEMBER TO ALWAYS #THINKB4UPOUR

- ✓ Wipe and scrape plates before washing them.
- ✓ 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.



Want to learn more? Visit  
[www.thinkbeforeyoupour.com](http://www.thinkbeforeyoupour.com)

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

