

how Scottish Water is helping

Scottish Water is committed to tackling the problem caused by waste. We are investing millions of pounds upgrading and building new waste water treatment works and waste water systems to do this.

help combat the problem

By doing a little you can help a lot. Fat traps can be used to recycle cooking fats. It is a small plastic pot which can be used to store used animal fat (such as bacon grease or chicken fat). This can then be used as a tasty and nutritious treat for garden birds.

You can add seeds and nuts to it, place a piece of string into it and when it has solidified you can turn it out on to a bird table or hang it from a tree by the string. These treats help birds maintain the required level of saturated fat they need to keep warm in cold weather. Remember, using animal fat ensures the cake goes solid. Other oils such as vegetable and olive oil will not harden and turn solid so they should be poured into a sealable container and then disposed of with your regular household rubbish.

This is a simple, fun way to encourage birds into your garden and at the same time to help protect the environment.

Visit www.scottishwater.co.uk/fattrap for information on how to dispose of cooking fats.

You can write to us at:

Scottish Water

PO Box 8855
Edinburgh, EH10 6YQ

Alternative formats of this leaflet can be made available free of charge. Textphone users please call **0845 603 8855**. For information on Braille, large print, audio tapes and a variety of languages, please call **0845 606 8855**.

We record all calls for quality and training purposes.

For more information on Scottish Water and our services contact us by phone on our Customer Helpline **0845 601 8855** or on the web at

www.scottishwater.co.uk



your guide to
disposing cooking fats

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WATER 

did you know?

- 55% of sewer blockages are caused by people disposing of cooking fat down their sink.
- using detergents or bleach may appear to help, but this is only temporary as the mixture soon turns back to thick or solid fat.
- disposing of fat, oil and grease down plugholes and drains has disastrous environmental consequences.

how is the **problem** caused?

Fat, oil and grease in liquid form may not appear to be harmful, but as it cools it congeals and hardens. It sticks to the inner lining of drainage pipes and restricts the waste water flow causing sewers and pipes to block.

is all **fat** equally bad?

Saturated fat (animal fat that goes hard when it cools) causes the most problems. But mono-unsaturated fats like olive oils are not good for drains either as they solidify when refrigerated, so can cause problems in pipes and sewers in cold weather. Vegetable oils are non-soluble in water and also contribute to the build-up of fat in sewers.

what should I do?

- Plates, pots and utensils should be scraped and dry wiped with a disposable kitchen towel prior to putting them in the sink.
- When pots and pans are cleaned, even small amounts of oil should not be poured down the sink. Any oil or grease in the pan should be poured into a sealable container or scraped into a bin. Do not pour boiling water down the sink to try to dissolve fat and grease - it does not work.
- Waste food and peelings should be kept away from drains. You can reduce the amount that escapes down the sink by putting a strainer or sieve over your plughole.



what about **macerators**?

Food macerators chop up kitchen waste to small sizes which can then flow down your drain. However, these increase the amount of food and grease that enter the sewers, and this is much more likely to directly cause a blockage. We therefore do not recommend the use of food macerators in kitchens.

checklist for managing fat, oil and grease in your kitchen

- ✓ **Do** wipe and scrape plates and utensils before washing (and put the waste into the bin).
- ✓ **Do** collect waste oil in a suitable sealable container.
- ✓ **Do** dispose of your sealable container with your household rubbish.
- ✓ **Do** use strainers in sink plugholes (and empty contents into the bin).
- ✗ **Do not** put waste cooking oil, fat or grease down the sink.
- ✗ **Do not** put food scrapings into the sink (place in the rubbish bin).
- ✗ **Do not** pour boiling hot water down the sink to try to dissolve fat and grease - it does not work.

The simple guidelines above will significantly help to maintain free flowing waste water both within your drains and the sewers.