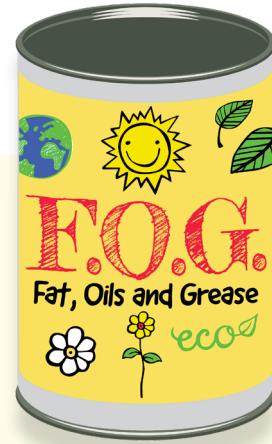


Name: \_\_\_\_\_

# Make-Your-Own FOG Can



## OVERVIEW:

Make a FOG Can for your kitchen at home and teach family members how to properly dispose of fat, oil and grease. Do your part to protect sewers and prevent water pollution.

## TALKING POINTS:

What's a FOG Can? FOG stands for Fat, Oils and Grease. When poured down sinks, kitchen FOG can clog pipes and combine with non-flushable trash to form massive "fatbergs" in sewers!

## THAT'S WHY WE SHOULD:

1. Pour kitchen fat, oils and grease in a FOG Can instead of the sink; and
2. Never flush trash or disposable wipes down the toilet. Always look for the DO NOT FLUSH symbol on wipes packaging to figure out what can and cannot be flushed.



DO NOT FLUSH

Look for the DO NOT FLUSH symbol and never flush disposable wipes or trash down the toilet.



DO NOT POUR Fat, Oils and Grease down the drain.

**F.O.G.**  
Fat, Oil and  
Grease



## PREPARATION:

Collect empty cans. Clean any dirty cans and dispose of any sharp lids in advance.

## MATERIALS:

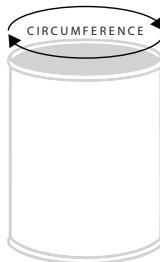
- Empty soup or vegetable cans
- Colored construction paper
- Markers for labeling, pencils for measuring
- Rulers or tape measures; scissors, tape, glue sticks
- Recycled magazines or newspaper circulars

Get your family in the habit by showing them how to properly dispose of FOG in the kitchen:

- A. Cool any hot FOG before pouring it into your can. Cooled grease can be scraped out of pans with a spatula or paper towel.
- B. Keep FOG Cans on your kitchen counter or in the fridge. Liquid oil can be frozen in the freezer for easier disposal.
- C. When your FOG Cans are full, throw them in the trash.

# Make-Your-Own FOG Can

continued



1. Collect empty aluminum cans in advance. Tell family, friends and neighbors you're collecting cans for an educational project. Ask if they'd like a specially decorated FOG Can in return!
2. Measure the circumference of your can (the distance around it) so you can make a new label. Use a measuring tape or, better yet, make your own. Here's how:
  - a. Place a ruler along the long edge of a piece of paper. Use a pencil to trace a one-inch strip of paper and then cut it with scissors.
  - b. Wrap the paper strip around the outside of the can and mark where it meets with a pencil.
  - c. Now use this "measuring tape" to measure out a piece of construction paper to fit around your can. Add an extra half-inch or so to overlap.
3. Cut the paper to size, wrap it around the can, and stick it in place with clear tape.
4. Label your can with the words "FOG Can" and add creative text and/or pictures. Draw your own illustrations or glue on pictures of FOG food (like bacon, mayonnaise or cooking oil) from recycled magazines or newspaper circulars.
5. Bring your can home or give it to a relative. Tell family and friends why it's important to dispose of FOG in the trash, not down the drain. Remember: FOG causes clogs, which can damage pipes and cause sewer backups (yuck!). This can also lead to water pollution, which harms both animal and human habitats. Small changes like using FOG cans can help keep our pipes and waterways clean.



## FATBERGS?

How are fatbergs formed? When FOG (fat, oil and grease) is poured down sinks and drains, it solidifies and combines with "un-flushables" — items like cotton swabs, trash and disposable wipes that should not be flushed. Clogs grow to become huge fatbergs that block sewer pipes and cause huge problems.



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DO NOT POUR Fat, Oils and Grease down the drain.



Extension Activity:

## FOG Can Rap

Write your own lyrics and perform (if you like) a song to the tune of “Can You Kick It?” by *A Tribe Called Quest*. As you’ll hear, the song repeats the word “can” throughout. It’s a catchy tune, so kids might want to listen to it while working on their FOG cans project, even if you don’t have time for the full extension.

You might choose to just rap to the refrain over and over again. Or go ahead and add more lyrics. Can you write and rap an entire verse?

This can be done individually or as a group, with each participant adding a different line. If you need help getting started, here’s an example:

“Can the fats? (Yes, you can!)  
Can the oils? (Yes, you can!)  
Can the grease? (Yes, you can!)”



CHECK IT OUT HERE  YouTube  
<https://youtu.be/O3pyCGnZzYA>

### “Can You Kick It?” Lyrics

#### CHORUS:

Can I kick it? (Yes, you can!)  
Well, I’m gone (Go on then!)

#### FIRST VERSE:

Can I kick it? To all the people who can Quest like A Tribe does  
Before this, did you really know what live was?  
Comprehend to the track, for it’s why ‘cause  
Getting measures on the tip of the vibes  
Rock and roll to the beat of the funk fuzz  
Wipe your feet really good on the rhythm rug  
If you feel the urge to freak, do the jitterbug  
Come and spread your arms if you really need a hug

[FULL LYRICS AND AUDIO SAMPLE](#)



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DO NOT FLUSH