

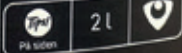


TRONDHEIM KOMMUNE

Cooking fat clogs our drains

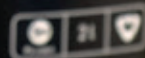
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EGNET TIL FRITERING
AV POTETER/KARTOFLER,
POMMES FRITES M.M.



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Don't throw cooking fat down the sink or the toilet!

It clogs the drains and pipes – not only yours, but also all the other pipes transporting sewage to the treatment plants. Fat and other food remains also feed all the rats that live in the sewers. There are probably more than 10 000 rats living in the private and public sewage networks in Trondheim.

The city's sewage pipes should only be transporting water, soap, urine, faeces and toilet paper.

In Trondheim too much cooking fat in the sewage pipes is causing more and more trouble. In the worst case, sewage may clog and flow back in the pipes, causing basement flooding. This can happen to both private and municipal sewage pipes. Removing fat from the sewage network costs Trondheim's inhabitants hundreds of thousands of kroner each year – and this is totally unnecessary.

This brochure offers you some advice on how to throw away your cooking fat.

Large amounts of cooking oil/deep-frying fat

Don't throw this out in the sink or the toilet! Pour used oil into an empty milk carton or bottle and throw it in the container for household waste.

Many people throw away the oil from jars of feta cheese and olives in the sink. But this oil is excellent for use in salads, sauces or on potatoes. Pour the oil over your food and discard the empty jar or carton in the appropriate manner.

Liquid fat from soups and stews

Remains from soups and stews that are discarded in the drains make a tasty meal for sewer rats. Food remains that contain a lot of fat may stick to the pipe walls and clog the pipes. Soups with meat or lamb stew are good examples of this.

Pour liquid food remains into an empty milk carton, tape it closed and throw it away in the household waste. You can also put the carton in your freezer for 24 hours so that the remains will freeze solid before you put the carton in the waste.

Fat that is left in pots after preparing some dishes, such as steamed salted and dried mutton ribs, will congeal when it cools down. Scrape off the fat and put it in the regular waste. Use a paper towel to remove the last bits of fat before you wash the dishes.



Roasting fat

Fatty foods that we roast, such as the pork ribs we have for Christmas, turkey or chicken, leave much liquid fat, which many people pour into the sink. It is better to let the roasting pan stand until cold. Then the fat will congeal and it will be easy to scrape it off and put it in the waste. Use a paper towel to remove the last remains of fat before you wash the pan in the sink. It's a good idea to use an oven bag when preparing such dishes because then the fat will be collected in the bag and can be discarded in the leftover waste when cold. If, for example, you want a crisp crust on your pork ribs for Christmas, you can cut off the top of the oven bag for the last minutes of the roasting time.

Fat from baking

Baking cakes for Christmas or making other pastries with lard will often result in a large amount of fat in the pot. This fat congeals when cold and is excellent for preparing birdfeed (suet balls). Add sunflower seeds, oatmeal flakes, almonds and hazelnuts to the lard and you instantly have the favourite feed of all small birds. If you put it in a milk carton and let the fat congeal, you can cut holes in the sides of the carton and hang the whole carton outside. If you stick a wooden pin through the carton, the birds have something to perch on. More tips about preparing suet balls (meiseboller) are available at www.ut.no.



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If you have questions about what you can
throw down the drain, contact Trondheim
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bydrift, tel. +47 72 54 63 50.



Trondheim kommune
www.trondheim.kommune.no