

LOSE TEN POUNDS OF FAT IN ONE DAY BY USING AN EASY, ONE-STOP FAT DROP OFF DESTINATION IN YOUR AREA

- City of Fremont: Union Sanitary District and Allied Waste take back event, Allied Waste Customer Service Center, 42600 Boyce Road in Fremont. Hours: Monday-Friday from 8 am to 5 pm. Available to residents in Fremont, Union City and Newark. For more information call 510-657- 3500 or go to <http://www.ci.fremont.ca.us/Environment/CurrentNews/news041101free.htm>
- Peninsula locations: East Palo Alto, Los Altos, Los Altos Hills, Mountain View, Palo Alto, Stanford can bring cooking oil and grease to the Palo Alto Recycling Center located at the east end of Embarcadero Road across from Byxbee Park. Call 650-329-2598 for more information. Map at www.cityofpaloalto.org/recycle
- Central Contra Costa County: Household Hazardous Waste Collection Facility, 4797 Imhoff Place, Martinez, CA 94553-4392; 1-800-646-1431. Hours: Tuesday - Saturday, 9 a.m. to 4 p.m.
- Alameda, Albany, Berkeley, El Cerrito, Emeryville, Kensington, Oakland, Piedmont and the Richmond Annex: check EBMUD's website for a new kitchen grease recycling program at www.ebmud.com/cleanbay or call 510-287-1651.

Here are just a few simple tips on dealing with cooking by-products from the Bay Area Clean Water Agencies:

- Do not put dairy products, fats, oil, grease or greasy foods down the garbage disposal or drain.
- Freeze small amounts of fats and grease in a container with a tight-sealing lid and dispose of it in a trash receptacle.
- Mix cooking oil with an absorbent material such as cat litter or coffee grounds, place it in a lidded container and dispose of it in a trash receptacle.
- For greasy pans that need to be soaked, first pour off the grease into a container as mentioned above. Then place a paper towel over the drain basket to catch grease and food particles as you pour the soaking water down the drain.
- For large quantities of cooking oil and other fats (such as from turkey deep fryers), call your local household hazardous waste collection facility or sewage treatment plant for guidance on disposal.