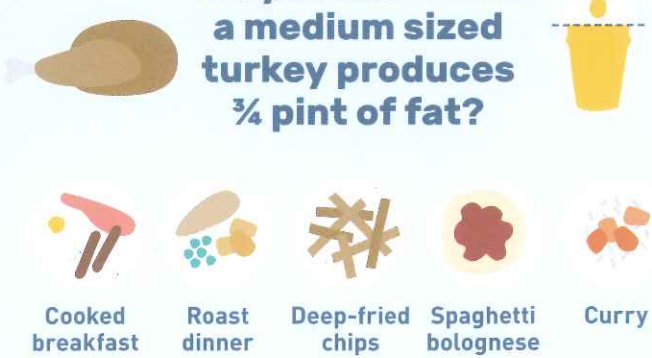


Food for thought

Did you know that a medium sized turkey produces $\frac{3}{4}$ pint of fat?



Cooked breakfast Roast dinner Deep-fried chips Spaghetti bolognese Curry

The leftovers from these and any dish made with or containing fat, oil and grease can block pipes under your sink. Even small amounts of fat, oil, grease and food waste contribute to blocked drains.

1.6m tonnes
1.6m tonnes of food and drink waste was disposed of via household sinks and drains in the UK in one year*

*Source: Household Food and Drink Waste in the United Kingdom 2012, Wrap

25 buses
Each year, South West Water removes 4,000 tonnes of fat and food waste from the region's sewers – enough to fill 25 double-decker buses

8,500 blockages
£4.5m cost on bills

21% of blockages

21% of blocked sewers are caused by waste fat, cooking oil and grease being poured down the sink

Fat in sewers attracts vermin!

How to... Think Sink!

Please follow these easy steps to keep fat, oil and grease out of your pipes by using a Gunk Pot or equivalent container:



1 Scrape

Scrape food scraps and fat off plates into a bin or food waste recycling.



2 Collect

Use a Gunk Pot or similar container to collect **cooled fats, oils and grease** from roasting trays and frying pans.



3 Wipe

Give plates and pans a quick wipe with kitchen roll or newspaper to remove any liquid fat or grease before putting in the sink or dishwasher.



4 Empty/recycle

Empty a full Gunk Pot into a kitchen bin, then wipe it out with kitchen roll ready to reuse. Alternatively, dispose of an equivalent container directly into the bin.



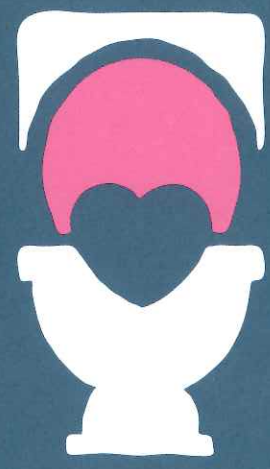
TOP TIP 1
Put a sink strainer over the plughole to prevent any leftover bits going down the sink



TOP TIP 2
Kitchen roll is your best friend!

MOST Only
FLUSH
THE 3Ps
PEE, PAPER & POO

DO YOU?



LOVE your LOO

YOUR LOO NEEDS YOU



Most people* claim only to flush the **3Ps** – pee, paper and poo – down the loo.

They recognise that this is what the sewer system is designed for, linking loos in the home with the pipe network and local treatment works.

But some people** admit to contributing to **8,500 blocked sewers in the South West a year**, by inappropriately flushing **baby wipes, hygiene wipes, cleaning wipes, cleansing pads and sanitary products**.

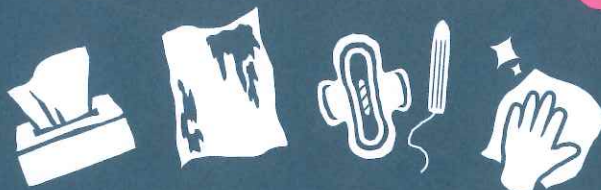
Blocked sewers can cause flooding and pollute our beautiful beaches and countryside. This can be easily avoided by binning everything other than the 3Ps: pee, paper and poo.

WE ACTIVELY ENCOURAGE EVERYONE TO LOVE THEIR LOO BY ONLY FLUSHING PEE, PAPER AND POO.

Consumer research conducted by South West Water during 2014 showed that 77% of research respondents stated that they only flush pee, paper and poo, with only 23% admitting to flushing other items.

BUT SO MANY OF THESE PRODUCTS SAY THEY ARE FLUSHABLE AND BIODEGRADABLE!

WE KNOW - CONFUSING ISN'T IT? AS WELL AS SPENDING MILLIONS A YEAR TO CLEAN AND UPGRADE THE SEWER NETWORK, WE ARE WORKING WITH THE REST OF THE WATER INDUSTRY TO ENCOURAGE MANUFACTURERS AND RETAILERS TO LABEL THEIR PRODUCTS RESPONSIBLY.



FLUSHABLE

Flushable on the packaging refers to being able to pass through the toilet bowl. Even though they disappear from your toilet bowl, because they don't break down fast enough they build up in pipes and cause blockages. They should be disposed of via the bin and not the loo.

BIODEGRADABLE

Things like wipes and sanitary products don't break down as quickly as toilet paper. Even though they say biodegradable they take much longer to break down, which is why they contribute to blockages and should be disposed of via the bin and not the loo.

THINK SINK!

A guide to prevent your drains being blocked



Every year, tens of thousands of litres of waste fat, cooking oil and grease are poured down sinks by people who don't realise the problems this could cause.

When hot fat, oil and grease cools it forms a solid mass which can build up inside pipes.

Blocked pipes can cause flooding and pollute our beautiful beaches and countryside. It can easily be avoided.

Supported by



southwestwater.co.uk/thinksink