

Illinois American Water Shares How to Dispose of Fats, Oils, and Grease During the Holiday Season to Safeguard Plumbing and Wastewater Systems

[Belleville, III] – NOVEMBER 20, 2025 – [Illinois American Water](#) wants to help customers and the general public protect their residential plumbing and wastewater systems by providing important tips for disposal of Fats, Oils and Cooking Grease (FOGs).

“Protecting your pipes can prevent expensive repairs—properly disposing of fats, oils, and greases keeps plumbing clear, reduces sewer backups, and helps ensure safe, clean water for our communities,” said Rebecca Losli, president of Illinois American Water. “By developing good disposal habits, households can contribute to healthier local waterways and a stronger infrastructure for all.”

Follow these helpful tips on how to properly dispose of FOGs:

- **Don't rinse FOGs down the drain.** Even a powerful disposal can't keep them from clogging pipes.
- **Use a strainer, not the drain.** Install a basket in the sink and toss trapped food scraps in the trash.
- **Scrape before you wash.** Remove all food scraps and FOGs from dishes into the trash first.

For more information on things that should never go down your drain, click [here](#).

Plumbing blockages can also occur when hygiene products, including wipes, make their way into the wastewater system. Only water, human waste, and toilet paper should be flushed down drains. Other examples of hygiene products that always go in the trash and never down your drain are: contact lenses, cotton swabs, dental floss, paper towels, and tissues. To learn more, [click here](#).

By following these simple steps, everyone can enjoy a festive season while helping to protect pipes, homes, and the environment.

About American Water

American Water (NYSE: AWK) is the largest regulated water and wastewater utility company in the United States. With a history dating back to 1886, We Keep Life Flowing® by providing safe, clean, reliable and affordable drinking water and wastewater services to more than 14 million people with regulated operations in 14 states and on 18 military installations. American Water's 6,700 talented professionals leverage their significant expertise and the company's national size and scale to achieve excellent outcomes for the benefit of customers, employees, investors and other stakeholders.

For more information, visit [amwater.com](#) and join American Water on [LinkedIn](#), [Facebook](#), [X](#) and [Instagram](#).

About Illinois American Water

Illinois American Water, a subsidiary of American Water, is the largest regulated water utility in the state, providing safe, clean and reliable water and wastewater services to approximately 1.3 million people. American Water also operates a quality control and research laboratory in Belleville.

Media Contact:

Anna Kubas
Senior Manager, External Communications
Illinois American Water
Anna.Kubas@amwater.com

