The sanitary sewer system and your home’s plumbing are responsible for carrying wastewater away from your home and into wastewater treatment facilities, like Rahway Valley Sewerage Authority, where it is cleaned before returning to local waterways. It’s a system designed for toilet paper, water and human waste.

**NEVER flush any of these items down the toilet:**

- Aquarium Gravel
- Bandages
- Brushes
- Candy/Food Wrappers
- Cigarette Butts
- Cleaning & Facial Wipes
- Condoms
- Cotton Balls & Q-Tips
- Dental Floss
- Diapers & Wipes
- Disposable Toilet Brushes
- Fruit/Vegetable ID Stickers
- Hair
- Kitty Litter
- Medication
- Paper Towels
- Rags or Towels
- Rubber or Latex Gloves
- Sanitary Napkins & Tampons
- Syringes

All of these items should be disposed of properly in a waste receptacle, or visit your town’s website for additional disposal guidance.

**Did You Know?**

- Items marketed as “flushable” are regularly found in clogged pipes and broken pumps throughout the sanitary sewer system.
- Flushing trash leads to clogs and backups that are expensive to repair. Home plumbing costs fall on the homeowner and repairs to the municipal sewer line may result in higher utility fees.
- Clogs or breakdowns can result in untreated sewage – a dangerous pollutant – backing up into your home, your neighborhood or community waterways.
- Medications do not break down completely and water treatment plants are not designed to remove these chemical properties, leaving chemical traces to wind up in surface water, groundwater, drinking water and soil.
THINK AT THE SINK

Your sink is not a trash can! Think twice before rinsing your cooking grease, medication or paint down the drain, even if you have a garbage disposal. There are plenty of common household items that if put down the drain, can cause clogs to your plumbing, damage to the sewer system and harm to our community waterways, drinking water and environment.

Even if you have a garbage disposal, NEVER let these items go down the drain:

- Bones
- Chemical Cleaners & Solvents
- Cigarette Butts
- Coffee Grounds
- Eggshells
- Fats,Oil & Grease
- Flour
- Fruit/vegetable ID Stickers
- Fruit & Vegetable Scraps
- Medications
- Motor Oil
- Paint
- Pits & Seeds
- Starchy Food (Pasta, Potatoes, Rice)

What to do Instead?

**Medication** - Consider dropping your unused or expired medication at your local take-back program. Contact your local authorities or waste management program if you’re unsure of where to dispose of your prescriptions. If one is not available, mix your medicine with used coffee grounds in a sealed bag and toss it in the garbage.

**Food Scraps** - Toss food scraps in the garbage. Use a paper towel to clean off the leftover food from dishes, pots and pans before you wash them.

**Fat** - Keep an old coffee can nearby and pour off oil before washing the pan, then throw the can away or take it to a grease receiving station. Some fat is bound to slip down the drain, so to keep it from building up, run the tap at its hottest temp for a minute, followed by a few healthy squirts of grease-cutting dish soap, like Dawn. Then, run the water for one more minute.

**Compost It!** Food scraps like eggshells, coffee grounds, vegetable peels and more are great for compost! Composting keeps these materials out of the sewer system and landfills. A nutrient-rich compost will improve your garden soil, suppress plant diseases and pests, and reduce the need for chemical fertilizers. Give it a try!

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