When not fighting the villains of FOGG, Captain Can It is a mild-mannered wastewater treatment plant operator. His job is to take the community’s sewage and turn it into reclaimed water, which can be used for irrigation or returned to the environment.
Captain Can It

Our Hero. The Captain fights the evil members of FOGG - Fat, Oil, Grease, and Grit, and he could use your help!
Deep in the sewers, the villains of FOGG hatch their evil plots to stop up our sewers and destroy our homes by creating blockages. They do this by putting ordinary citizens into a “FOGG”, convincing them to put fat, oil, grease and grit down the drains and toilets.
This is one bad dude! He’ll even stoop so low that he puts nice old grannies in a FOGG! He’s made up of meat trimmings, uncooked chicken and turkey skin, butter, cream cheese, hard cheese and peanut butter.
Oil

This slimy character is the leader of FOGG—the master mind behind all their mayhem. He's made up of things like salad oil and used cooking oil (remember those french fries you made last week?). Oil should be put back into its original container and delivered to a waste recycling center.
From his greasy hair to his bad Elvis imitation, Grease just stinks. His favorites are bacon residue, cooked/melted fat from meat and poultry (what gets skimmed off the top of cooked chili or chicken soup), gravy, mayonnaise and salad dressings.
The name just about says it all! Though he doesn’t say much (just a growl or a grunt here and there), Grit holds the FOGG team together with his mix of egg shells, coffee grounds, sand and all that “other stuff” people put down the sewer, like kitty litter, disposable diapers, Q-tips, Kleenex, dental floss, etc.
Granny (Nita Walker)

Sweet and innocent, Granny’s been cooking her whole life, and no one ever taught her what to do with fat, oil, grease or grit.
See if you can help the Captain by finding the words in the puzzle above. After you’re finished, start in the upper left corner, and with the letters not used in the puzzle, find the secret message from Captain Can It.
Help Stop The FOGG!

Test your knowledge of how to beat the villains of FOGG by completing the crossword puzzle above.
Remember...

...don’t be a Pain in the Drain. Fat, Oil, Grease and Grit are not only nasty characters, they create sewer blockages that can back up into your house! By putting them in the trash where they belong, it will save everyone a lot of trouble and help protect the environment.
Keep ‘em Out!

All of the things pictured here can be a real pain in the drain, and should NEVER be put down the drain or toilet.