


HANDLING AND DISPOSAL OF USED COOKING OIL

SUMMARY

The practice of reheating cooking oil or using the same cooking oil for frying is common. Cooking oil is often repeatedly used by topping it up with fresh oil. Generally, big food businesses involved in the manufacturing of fried foods dispose of their used cooking oil (UCO) for industrial purposes (soap manufacture, etc.) but sometimes it finds way to small food vendors at cheap prices. At household level or by road-side vendors, the UCO is discarded in an environmentally hazardous manner blocking the sewerage and drainage systems. Therefore, in order to safeguard public health, FSSAI has notified the limit of Total Polar compounds to be not more than 25% beyond which the oil is unsafe for human consumption. This guidance note outlines the Standard Operating Procedure (SOP) for safe handling and disposal of UCO for the benefit of consumers as well as small and big Food Business Operators (FBOs).

KEY TAKEAWAYS

- Avoid repeated use of cooking oil for frying.
- At household level, oil once used for frying foods should be filtered and may be used for curry preparation in order to make it economical.
- Used Cooking Oil should be consumed in a day or two. It should not be stored for longer period as the rate of deterioration is higher in used oil.
- Discard Cooking Oil when blue-grey smoke appears or tough foam is formed or oil becomes dark and murky or the consistency of oil changes.
- Discard cooking oil having developed Total Polar Compounds (TPC) of more than 25%.
- Do not dispose of the discarded oil in drains/sewerage systems.
- UCO should be discarded in an environment friendly way preferably by providing it to the authorized UCO aggregators/collection agencies.
- In order to dispose small quantities of used cooking oil at household level, mix the oil with an absorbent material such as sand or sawdust or used towel or paper towel or food scraps to avoid chances of spillage and then throw it away in dustbins.



This Guidance Note has been prepared by Ms. Aiman Zaidi, Technical Officer at FSSAI based on FSSAI Regulation and Standards. This note contains information collected and compiled by the author from various sources and does not have any force of law. Omissions and error, if any, can kindly be brought to our notice.