

1 Day Junk Tackles Clutter the Right Way — With an Eco-Friendly Approach to Junk Removal Across Southern Ontario

The Hamilton-Based Junk Removal Company Is on a Mission to Keep Unwanted Items Out of Landfills by Recycling and Donating What It Hauls Away



Hamilton, Ontario Feb 26, 2026 (Issuewire.com) - Most people do not think about what happens to their junk after the truck drives away. 1 Day Junk does. The Hamilton-based junk removal company, which serves communities across Southern Ontario, has built its entire operation around a simple but important idea — that unwanted items deserve a second chance before they end up in a landfill.

Every time the 1 Day Junk team shows up to clear out a garage, haul away old furniture, or handle a full property cleanout, the crew takes the time to sort through what they collect. Items that can be donated are sent to local charities and organizations. Materials that can be recycled are directed to the right facilities. Only what genuinely cannot be reused or recycled ends up disposed of. It is a hands-on, thoughtful process that sets the company apart from most junk haulers who simply load everything into a truck and head straight to the dump.

"A lot of people feel guilty just throwing things away, especially when they know some of it could still be useful to someone else," said the owner of 1 Day Junk. "We take that burden off their shoulders. When we leave, our customers know their stuff is being handled responsibly — and that matters to us just as much as it matters to them."

More Than Just Hauling — A Full-Service Cleanout Experience

1 Day Junk handles a wide range of residential and commercial junk removal jobs across Southern Ontario. Whether it is a single old sofa or an entire home that needs to be emptied, the team is equipped to get the job done quickly and without any stress on the customer's part.

On the residential side, the company removes furniture, mattresses, couches, appliances, carpets, electronics, hot tubs, pianos, pool tables, and tires. For homeowners going through bigger life changes, 1 Day Junk also offers garage cleanouts, estate cleanouts, hoarding cleanouts, senior downsizing assistance, storage unit cleanouts, and pre-move decluttering services.

For businesses and commercial clients, the team handles office cleanouts, retail cleanouts, renovation waste removal, construction debris, and yard waste removal — making it a practical choice for contractors, property managers, and business owners who need a reliable hauling partner.

Every job, big or small, starts with a free in-person estimate. There is no pressure and no obligation. The price customers are quoted is the price they pay — based simply on how much space the items take up in the truck. No hidden fees, no last-minute surprises.

What Makes 1 Day Junk Different From the Rest

Beyond the eco-friendly approach, 1 Day Junk stands out for the way it treats its customers throughout the entire process. The team shows up on time — and if they are late, customers automatically receive a discount. Calls and booking requests are responded to quickly, same-day service is available for urgent pickups, and the crew handles all the heavy lifting so customers do not have to lift a finger.

The company also offers price matching, promising to match any competitor's junk removal quote. This means Southern Ontario residents can get responsible, eco-conscious junk removal without having to pay more for it.

The team at 1 Day Junk is trained, insured, and treats every property — whether a home, office, or commercial space — with care and respect. Customers regularly note in their reviews that the crew swept up after themselves and left the space clean once the job was done.

Proudly Serving Communities Across Southern Ontario

1 Day Junk serves a wide and growing list of communities across Southern Ontario, including Hamilton, Burlington, Oakville, Mississauga, Niagara Falls, St. Catharines, Welland, Grimsby, Ancaster, Dundas, Waterdown, Stoney Creek, Thorold, Pelham, Fort Erie, Milton, Caledonia, Kitchener, Waterloo, and Cambridge.

The company is available Monday through Friday from 7 AM to 7 PM, Saturday from 8 AM to 4 PM, and Sunday from 10 AM to 4 PM. Residents and business owners across Southern Ontario who want their junk removed quickly, affordably, and responsibly are welcome to reach out for a free, no-obligation estimate.

About 1 Day Junk

1 Day Junk is a locally owned and operated full-service junk removal company based in Hamilton, Ontario, serving communities across Southern Ontario. The company specializes in residential and

commercial junk removal, property cleanouts, and specialty item removal, with a strong focus on recycling and donation to reduce landfill waste. Known for upfront pricing, same-day service availability, and a customer-first approach, 1 Day Junk has earned a 4.8-star rating across Google, Facebook, and other review platforms. For more information or to book a free estimate, visit 1dayjunk.ca or call 1-833-856-8295.



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Source : 1 Day Junk

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