

# **BLOG POST #1**

## **SEO Title:**

**Top 10 Signs You Need Junk Removal (And How It Saves You Money)**

## **Meta Description:**

Clutter costing you time and money? Here are the top 10 signs you need junk removal, plus how hiring a professional junk hauler can save you stress and cash.

## **Keywords:**

junk removal near me, signs you need junk removal, junk hauling, home decluttering, garage cleanout

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## **Article:**

If you're like most homeowners, clutter has a way of building up fast. Old furniture, random boxes, kids' items, tools, and things you forgot you even owned can quietly take over your space—and your peace of mind.

Here are the **top 10 signs it's time to call a professional junk removal service**, and how doing so can actually **save you time, money, and stress**.

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### **1. Your garage has become a storage unit**

If you can't park your car in the garage anymore, that's a clear sign clutter has taken over. A garage cleanout frees space, protects your vehicle, and boosts home value.

### **2. You're moving and don't want to take junk with you**

Moving junk from one place to another costs money in time, stress, and moving-truck space. Removing it beforehand makes moving easier and cheaper.

### **3. You've got old furniture you can't lift or transport**

A sofa or mattress might sit in your home for months simply because you can't lift it. A professional team handles all the heavy lifting.

### **4. You're paying monthly for a storage unit**

Many storage units become expensive "junk lockers." If your stored items aren't worth the monthly fee, it's time to clear it out.

### **5. You have yard debris or storm damage**

Storm debris, branches, and outdoor clutter make your home unsafe and unsightly. Junk haulers remove it quickly.

### **6. A loved one passed away**

Estate cleanouts are emotional and overwhelming. A junk removal team can help respectfully handle items during difficult seasons.

### **7. You're renovating**

Remodeling creates piles of debris: wood scraps, drywall, carpet, and appliances. Junk removal keeps your project moving.

### **8. A tenant left a mess behind**

Landlords love junk removal because it gets a unit rentable fast.

### **9. Your home feels crowded or stressful**

Studies show clutter increases stress and lowers productivity. Removing junk restores peace.

### **10. You want to donate, recycle, or re-home items**

A good junk removal company (like Lifted Up Junk) handles recycling and donation drop-offs so your items go to the right place—not a landfill.

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## **Final Thoughts**

Junk removal is not just about "getting rid of stuff." It's about reclaiming your space, peace, and time. If you're checking off more than a few of these signs, it may be time to schedule a pickup.

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## Call to Action:

Ready to clear the clutter? Book your junk pickup with **Lifted Up Junk** today.

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## BLOG POST #2

### SEO Title:

**How Much Does Junk Removal Really Cost? (2025 Pricing Guide)**

### Meta Description:

Learn how junk removal pricing works, what affects cost, and how to get the best deal in 2025. Transparent guide for homeowners and renters.

### Keywords:

junk removal pricing, cost of junk hauling, junk removal 2025, junk pickup cost

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## Article:

One of the most common questions homeowners ask is:

**“How much does junk removal cost?”**

The truth is, prices vary—but not as much as you’d think. Here’s a clear, simple breakdown so you know what to expect.

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### What Determines Junk Removal Cost?

#### 1. Volume (how much space it takes)

Most companies price based on the percentage of trailer/truck space your items fill.

## 2. Weight

Items like concrete, stone, wet wood, or heavy materials may cost more due to disposal fees.

## 3. Labor / Difficulty

Upstairs? Long driveway? Tight hallways?  
These factors may affect cost.

## 4. Disposal Fees

Landfills and recycling centers charge fees depending on item type.

## 5. Type of Items

Examples:

- Mattress fees
- Appliance disposal fees
- Electronics recycling fees

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## Typical 2025 Junk Removal Pricing

Here's a general industry range:

- **Minimum Load:** \$75–\$125
- **Quarter Load:** \$125–\$200
- **Half Load:** \$250–\$350
- **Three-Quarter Load:** \$350–\$500
- **Full Load:** \$500–\$800

Lifted Up Junk stays competitive and transparent—no hidden fees.

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## How to Save Money on Junk Removal

- Place items curbside for a discount
  - Group items together (faster for the crew)
  - Send photos for an accurate quote
  - Donate usable items beforehand
  - Schedule weekday pickups
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## Call to Action:

Want exact pricing? Text your photos to **Lifted Up Junk** for a fast, free quote.

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## **BLOG POST #3**

### SEO Title:

**Garage Decluttering: 7-Step Guide to Reclaim Your Space**

### Meta Description:

Is your garage overflowing? Follow this 7-step decluttering guide to clear space fast, plus see when to call a junk removal service.

### Keywords:

garage cleanout, garage junk removal, garage decluttering, junk removal service

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### Article:

Your garage should be a functional space—not a storage unit. If yours has turned into a mountain of boxes, tools, and forgotten items, it's time to restore order.

This **7-step garage decluttering guide** will help you reclaim your space once and for all.

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### **Step 1: Empty the Space**

Take everything out. Seeing the full inventory makes it easier to sort.

### **Step 2: Sort Into 4 Piles**

- Keep
- Donate
- Sell
- Junk (call us 😊)

### **Step 3: Throw Away Broken or Useless Items**

Don't keep "someday" items. Be realistic.

### **Step 4: Install Vertical Storage**

Use shelves, wall hooks, and pegboards to maximize space.

### **Step 5: Store Only What You Use**

Seasonal items should be labeled and placed neatly.

### **Step 6: Clean the Floor**

Sweep, rinse, and patch cracks to improve longevity.

### **Step 7: Schedule a Junk Pickup**

Save yourself multiple landfill trips by calling Lifted Up Junk.

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## **Call to Action:**

Need garage junk gone? Book your **Garage Cleanout** with Lifted Up Junk today.

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## **BLOG POST #4**

### **SEO Title:**

**What Junk Removal Companies Don't Take (And Why)**

### **Meta Description:**

Learn which items junk removal companies can't take, including hazardous materials, chemicals, paints, and more—and what to do instead.

### **Keywords:**

junk removal restrictions, items junk haulers don't take, hazardous waste disposal

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### **Article:**

Not everything can be hauled by a junk removal company, and that's for safety and legal reasons. Understanding what junk haulers can't take helps avoid surprises.

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## **Items Junk Removal Companies Typically Can't Take**

### **1. Hazardous Chemicals**

Bleach, ammonia, solvents, pool chemicals, pesticides.

### **2. Paints & Oils**

Oil-based paints, motor oil, antifreeze, gasoline.

### **3. Asbestos or Toxic Materials**

These require specialized handling.

### **4. Pressurized Tanks**

Propane tanks or oxygen cylinders can explode if mishandled.

#### **5. Medical or Biohazard Waste**

Needles, blood-contaminated materials, surgical waste.

#### **6. Tires (Sometimes)**

Some areas prohibit tire disposal in landfills.

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### **Where to Take These Items Instead**

- Hazardous waste drop-off centers
  - County recycling facilities
  - Automotive stores (for oil & batteries)
  - Paint stores (many take old paint)
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### **Call to Action:**

For everything else, Lifted Up Junk has you covered. Schedule your pickup today.

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## **BLOG POST #5**

### **SEO Title:**

**Why Hiring a Local Junk Removal Company Beats DIY**

### **Meta Description:**

Thinking about removing junk yourself? Here are 7 reasons hiring a local junk removal company saves time, energy, and money.

## Keywords:

DIY junk removal, local junk hauler, junk removal near me, why hire junk removal

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## Article:

DIY junk removal seems simple—until it isn't. Here's why hiring a professional junk removal service is almost always the better choice.

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### 1. Saves Hours of Labor

Sorting, lifting, loading, driving, unloading—it adds up quickly.

### 2. Prevents Injuries

Back strain is the #1 DIY injury. Let the pros lift.

### 3. No Truck Required

You don't need to borrow or rent a truck.

### 4. Avoid Multiple Disposal Trips

We take everything in one go.

### 5. Proper Recycling

We know where to take electronics, appliances, and metals.

### 6. Environmental Responsibility

Less landfill waste, more donation and reuse.

### 7. Stress-Free Process

You point. We lift. It's that simple.

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## Call to Action:

Skip the headache. Hire Lifted Up Junk and get your time back.

## ★ BLOG POST #6 — FULL ARTICLE

### SEO Title:

How Junk Removal Helps Landlords Between Tenants

### Meta Description:

Landlords: speed up tenant turnover, reduce damage, and get rent flowing faster with professional junk removal. Here's why every landlord should use a junk hauling service.

### Keywords:

rental cleanout, landlord junk removal, junk removal for property managers, tenant left junk, move-out cleanout

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## How Junk Removal Helps Landlords Between Tenants

If you're a landlord or property manager, you know that **time is money**—especially during turnover. When a tenant moves out and leaves behind furniture, trash, mattresses, or broken items, every day spent cleaning cuts into your cash flow. This is where a professional junk removal service becomes invaluable.

Junk removal is more than “hauling away stuff.” It is a **turnkey solution** that shortens vacancy time, reduces labor costs, and helps protect the long-term value of your rental property.

Here's a breakdown of why junk removal is one of a landlord's best tools during tenant turnover.

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### 1. Faster Turnover = Faster Income

Every day a unit sits empty is lost revenue.

A junk removal team can clear a property—sometimes **same day**—so cleaning crews and maintenance workers can get in right away.

### **What landlords gain:**

- Units get rent-ready faster
- Reduced downtime between leases
- Seamless workflow for cleaning, repairs, and painting

Especially when a tenant leaves large furniture or scattered trash, a junk removal service can speed up the entire turnover process.

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## **2. Handles Items Tenants Leave Behind**

Tenants leave *all kinds* of things behind.

Most common items include:

- Mattresses
- Broken furniture
- Old TVs
- Bags of trash
- Clothing and toys
- Kitchen items
- Rugs and carpets
- Outdoor gear
- Random “junk rooms”

These items often aren't easy to move, especially in apartments with stairs or tight hallways. Junk removal pros handle everything safely and efficiently.

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### 3. Reduces Labor Costs for Property Managers

Many landlords make the mistake of sending maintenance workers or cleaners to haul trash. This slows everyone down and costs more in wages.

Using a junk removal service offers:

- **Lower labor hours** for in-house staff
- **Faster work cycles** for cleaning crews
- **Safer lifting** handled by trained professionals

Your team stays on task, and you save money by outsourcing the heavy lifting.

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### 4. Protects Your Property From Damage

Dragging furniture, dropping mattresses, and hauling trash bags can damage:

- Floors
- Walls
- Door frames
- Railings
- Carpet

Professional junk haulers lift and remove items **properly**, reducing the risk of property damage or scratches.

They also carry insurance, giving you peace of mind.

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## **5. Avoids Extra Dump Fees & Multiple Trips**

DIY cleanouts often mean:

- Renting a truck
- Paying dump fees
- Loading/unloading multiple times

A junk removal company has all disposal partnerships already set up. You save time, money, and frustration.

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## **6. Helps Prepare Units for Inspection**

If you need the property to pass:

- HOA inspections
- City codes
- Housing authority inspections
- Move-out walkthroughs

A junk removal team ensures all debris and trash is gone before the inspector arrives.

This reduces delays and ensures compliance.

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## **7. Great for Evictions & “Problem Tenants”**

Evictions often leave behind:

- Unwanted appliances
- Clothes

- Bags of trash
- Food waste
- Hazardous messes

Junk removal teams work efficiently and professionally so you can start repairing, cleaning, and re-renting quickly.

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## Final Thoughts

A good junk removal service is a landlord's best friend. It speeds up turnovers, protects your property, saves money on labor, and keeps your rental business running smoothly.

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## Call to Action:

Need a unit cleaned out fast? Contact **Lifted Up Junk** for same-week rental cleanouts.

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## **BLOG POST #7 — FULL ARTICLE**

### SEO Title:

**Eco-Friendly Junk Removal: How We Reduce Landfill Waste**

### Meta Description:

Learn how Lifted Up Junk donates, recycles, and responsibly disposes of junk to reduce landfill waste and protect the environment.

### Keywords:

eco-friendly junk removal, recycling junk, donate junk, green junk removal, environmentally responsible hauling

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# Eco-Friendly Junk Removal: How We Reduce Landfill Waste

Most people don't realize this, but junk removal companies play a major role in **protecting the environment**. At Lifted Up Junk, we take this responsibility seriously.

Every year, millions of tons of reusable items end up in landfills—furniture, electronics, metal, clothing, and more. Our commitment is simple:

**Donate what can be reused. Recycle what can be recovered. Only dump what can't be saved.**

Here's how eco-friendly junk removal works.

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## 1. Donation Comes First

Many people throw away perfectly usable items because they don't have time to donate or can't find a drop-off location.

We've built partnerships with local:

- Thrift stores
- Churches
- Shelters
- Community centers
- Families in need

Commonly donated items include:

- Tables and chairs
- Dressers
- Sofas

- Clothing
- Toys
- Dishes and kitchen items
- Electronics (working)

By donating these items, we help reduce waste and help local families furnish homes affordably.

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## **2. Recycling for a Cleaner Planet**

When items aren't suitable for donation, we recycle whatever we can.

### **Items we commonly recycle:**

- Metal
- Appliances
- Electronics
- Cardboard
- Batteries
- Scrap materials

We use local recycling centers that properly break down materials and keep them out of landfills.

Every load recycled helps reduce environmental impact.

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## **3. Responsible Appliance Disposal**

Appliances like refrigerators, freezers, AC units, and microwaves often contain chemicals or metals that need special disposal.

We follow **EPA-compliant** protocols to ensure:

- Refrigerants are removed safely
- Metals are recycled
- Chemicals don't pollute soil or water

This is something most homeowners can't handle safely on their own.

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## 4. Minimizing Landfill Trips

For every junk removal job, we sort items in the truck so that:

- Donations go to charity
- Metal goes to recycling
- Trash is minimized

This approach dramatically reduces the number of landfill trips we make each month.

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## 5. Why It Matters

Eco-friendly junk removal helps the community in multiple ways:

- Reduces landfill waste
- Supports local families
- Conserves natural resources
- Cuts down carbon emissions
- Keeps neighborhoods cleaner
- Encourages responsible recycling

It's a win for everyone.

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## Final Thoughts

Choosing a junk removal company isn't just about convenience—it's about stewardship, sustainability, and doing the right thing for your community.

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## Call to Action:

Want an eco-friendly junk pickup? Schedule with **Lifted Up Junk** today.

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## **BLOG POST #8 — FULL ARTICLE**

### SEO Title:

**Storage Unit Cleanout Tips: Stop Overpaying Every Month**

### Meta Description:

Paying for a storage unit full of junk? Learn how to clean it out fast, save thousands, and finally get rid of clutter you forgot about.

### Keywords:

storage unit cleanout, cleanout service, junk removal storage, stop paying storage, declutter storage

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**Storage Unit Cleanout Tips: Stop Overpaying Every Month**

Storage units are meant to be temporary—but for many, they turn into long-term “junk lockers” that drain money every month. If you're paying monthly for items you never use, it might be time to clean out your storage unit and free yourself from unnecessary expenses.

Here's how to clean out your storage unit efficiently—and how junk removal can save you thousands.

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## 1. Know Your Monthly Cost

The average storage unit costs:

- **\$80–\$250 per month**, depending on size and city.

That's **\$960–\$3,000+ per year**.

Most people don't own anything in the unit worth that much.

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## 2. Start by Pulling Everything Out

Don't sort while everything is stacked.

Pull items out into the open to see what you actually have.

You'll find:

- Duplicates
- Broken items
- Things you forgot you owned
- Items that are no longer useful

Seeing everything at once makes decisions easier.

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## 3. Sort Into Clear Categories

Use simple piles:

- **Keep**
- **Donate**
- **Sell**
- **Recycle**
- **Junk**

Be ruthless.

If you haven't used it in a year or more, it's probably time to let it go.

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## **4. Sell Valuable Items on the Spot**

Consider selling:

- Tools
- Furniture
- Bikes
- Collectibles
- Appliances

Even selling one or two items can offset the cost of the cleanout.

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## **5. Call a Junk Removal Service for the Rest**

Once you've sorted the valuables and donatables, let a junk removal team take care of the rest.

**Benefits:**

- No multiple dump trips
- No truck rental
- No heavy lifting
- Fast, same-day clearing
- Lower ongoing storage costs

A professional cleanout saves enormous time and effort.

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## 6. Cancel the Unit Immediately After Clearing

Once it's empty, cancel your contract.

Most storage companies prorate or refund unused days.

That means you stop:

- Monthly fees
  - Late charges
  - Annual rate increases
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## 7. Enjoy Your Savings

By eliminating a storage unit, many people save **\$1,000–\$3,500 per year**.

That's a vacation, debt payoff, or part of a down payment—not a mini garage full of forgotten junk.

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## Call to Action:

Need help clearing a storage unit fast? Book a cleanout with **Lifted Up Junk** today.

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# **BLOG POST #9 — FULL ARTICLE**

## **SEO Title:**

**What to Expect During a Junk Removal Appointment**

## **Meta Description:**

First junk removal appointment? Here's exactly what happens—step-by-step—so you know how the process works from start to finish.

## **Keywords:**

junk removal process, what to expect junk removal, junk pickup steps, junk hauling service

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## **What to Expect During a Junk Removal Appointment**

If you've never used a junk removal service before, you might be wondering what actually happens during the appointment. Don't worry—the process is simple, friendly, and designed to take the stress off your shoulders.

Here is a clear, step-by-step breakdown so you know exactly what to expect.

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### **1. Arrival & Introduction**

Your junk removal crew will arrive within the pre-agreed time window. They'll greet you, assess the project, and walk you through the next steps.

Professional teams always show up:

- On time
- With proper equipment

- Ready to work safely
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## 2. Free On-Site Estimate

Before any work begins, the team will evaluate what needs to be removed and provide a **firm, upfront price** based on:

- Volume (how much space in the truck)
- Weight
- Item type
- Disposal fees

Good companies will never change the price afterward unless *you* add more items.

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## 3. You Give the Green Light

If the price looks good, you approve it.  
If not, there's **no obligation** to continue.

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## 4. Full-Service Removal Begins

Once approved, the team handles everything:

- Lifting
- Carrying
- Loading
- Sorting

- Donation separation
- Sweep-up

You don't have to move anything beforehand. Just point and it's gone.

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## 5. Donation & Recycling Sorting

Many items are reusable, so crews sort items into:

- Donations
- Metal recycling
- E-waste
- Trash

This step helps minimize landfill waste and supports local families.

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## 6. Final Sweep-Up

After the truck is loaded, the team will sweep the area clean. Your space will look tidy and ready to use.

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## 7. Payment & Digital Receipt

Most companies accept:

- Credit/debit
- Cash
- Digital payment

You'll receive a receipt for your records.

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## 8. Items Are Disposed of Responsibly

Behind the scenes, your items are taken to:

- Donation centers
  - Metal recyclers
  - E-waste facilities
  - Landfills (only when necessary)
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## Final Thoughts

Junk removal is fast, simple, and stress-free. From start to finish, you barely lift a finger—just point and watch the clutter disappear.

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## Call to Action:

Ready for a clean space? Book your junk removal appointment today with **Lifted Up Junk**.

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## **BLOG POST #10 — FULL ARTICLE**

### SEO Title:

The 5 Most Common Items We Remove (And What We Do With Them)

### Meta Description:

Here are the top 5 items junk removal companies haul away—and how Lifted Up Junk donates, recycles, or reuses them responsibly.

## Keywords:

common junk items, junk removal items, what junk haulers take, donation junk removal, recycling junk

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## The 5 Most Common Items We Remove (And What We Do With Them)

People call junk removal companies for all kinds of reasons—cleanouts, moves, downsizing, decluttering, or just getting rid of heavy items. But surprisingly, most junk removal jobs involve **the same five categories of items**.

Here are the top items we remove—and what happens to them after they leave your home.

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### 1. Furniture

Furniture is by far the most common item we haul away:

- Sofas
- Recliners
- Dressers
- Bookshelves
- Coffee tables
- Mattresses
- Beds

Furniture is bulky, hard to move, and often doesn't fit in cars.

**What we do with it:**

- Donate if in good condition
  - Recycle metal and wood
  - Dispose only when necessary
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## **2. Appliances**

Appliances are heavy and often require special disposal:

- Refrigerators
- Washers
- Dryers
- Microwaves
- Stoves
- Dishwashers

### **Where appliances go:**

- Metal recycling facilities
- Certified disposal centers
- Donation partners (if working)

We ensure coolant and chemicals are handled safely.

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## **3. Electronics**

E-waste requires responsible recycling:

- TVs
- Monitors
- Computers
- Printers
- Gaming systems

**What we do:**

We take electronics to certified e-waste facilities where components are safely broken down and recycled.

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## 4. Yard Debris & Outdoor Junk

This includes:

- Branches
- Leaves
- Fence pieces
- Sheds
- Playsets
- Above-ground pool parts

**Where it goes:**

- Wood recycling
- Mulch facilities
- Scrap metal recycling

- Green waste disposal
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## 5. General Household Junk

This includes everything else:

- Boxes
- Clothing
- Toys
- Storage items
- Decorations
- Tools

### What we do:

- Donate usable items
  - Recycle materials
  - Reduce landfill waste as much as possible
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## Final Thoughts

Junk removal is more than dumping items. It's about **responsibly handling your belongings** and giving them a second life whenever possible.

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## Call to Action:

Got junk? Let **Lifted Up Junk** remove it quickly, responsibly, and affordably.

