

KEITH LAMPHERE

**CLEAN
GREEN
HAULING &
REMOVAL**



THE
HEART
BEHIND
THE
HAUL



Most people see clutter. Keith Lamphere sees a possibility. Through Clean Green Hauling & Removal, he has built a business centered not just on clearing spaces, but on helping families, supporting nonprofits, and giving new life to items others might overlook.

BY LARRA ROQUE
PHOTO BY
MICHAEL GALLITELLI

Long before launching Clean Green Hauling & Removal, Keith spent more than twenty years working in distribution and transportation logistics. He understood operations, systems, timelines, and pressure. What he did not expect was that a global pandemic would completely shift the direction of his life.

During COVID, Keith was working in logistics, helping supply the healthcare industry during one of the most demanding periods

in recent history. After taking a rare three-day break, he found himself asking a question he could no longer ignore: What do I actually want to build?

“I realized I wanted to do something different,” Keith recalls. “I started looking for a gap where I felt like we could truly help people and do some good.”

As he researched the junk removal industry, one thing stood out immediately. Too much usable furniture, household goods, and meaningful items were ending up in landfills. Very few companies were prioritizing donation and community impact.

That realization became the foundation for Clean Green Hauling & Removal.

“We thought, why not create a company where the mission is bigger than just

hauling things away?” he says. “Not all junk is trash.”

For Keith, that phrase became far more than a tagline. It became the company’s philosophy.

Building a Different Kind of Company

Based in Ballston Spa and serving the greater Capital Region and beyond, Clean Green Hauling & Removal has quickly earned a reputation for doing things differently.

At its core, the company helps homeowners, families, investors, and Realtors navigate one of life’s most overwhelming tasks: clearing out a space filled with years of belongings, memories, and emotion.

But unlike traditional junk removal companies, Keith and his team focus heavily on donation, repurposing, and community support whenever possible.



Photo courtesy of Stephanie Lamphere



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"What sets us apart is giving people another option besides the landfill," Keith explains. "A lot of families are overwhelmed when they're sorting through a parent's home or dealing with a major life transition. We help them understand that many of those items can still help someone else."

Every day, the company works directly with local nonprofits and donation centers throughout the region. In many cases, donated items are even given in the client's name, creating another layer of meaning behind the process.

That mission-driven mindset has resonated deeply with both homeowners and top-producing Realtors.

Keith understands that for agents, time and trust matter. Clean Green's ability to efficiently clear a property while treating the space with care has made the company a valuable resource throughout the real estate community.

"We always want to leave a property better than we found it," Keith says. "We clean up after ourselves, vacuum carpets, sweep floors, and make sure

the home feels cared for when we leave."

That attention to detail matters, especially during emotionally charged situations like estate cleanouts, downsizing, foreclosures, or preparing homes for the market.

A Team Built on Shared Values

Today, Clean Green Hauling & Removal includes six full-time employees along with a growing group of part-time team members. During peak seasons, the team expands even further to meet demand.

For Keith, however, growth is not just about numbers. It is about finding people who genuinely believe in the mission.

"One of the hardest parts has been finding people willing to work hard and care about the community the way we do," he says. "But when you find those people, it changes everything."

Rather than spotlighting an individual employee, Keith prefers to talk about the team collectively. Their shared knowledge and attention to detail, especially around donation sorting, have become one of the company's greatest strengths.

In many cases, Keith says his crews understand what can and cannot be donated better than some donation centers themselves.

"That knowledge allows us to help nonprofits, too," he explains. "We are constantly trying to maximize what gets reused instead of wasted."

Behind the scenes, Keith's wife Stephanie plays an equally important role, handling the company's marketing and advertising efforts while also staying heavily involved in community outreach. Together, they have built a business centered around service, connection, and purpose.

Life Beyond the Trucks

Outside of work, Keith's life revolves around family, home projects, and the outdoors.

Home renovation is one of his biggest passions, which makes sense considering his long-standing interest in real estate, flips, and investments. In fact, before launching Clean Green, real estate investing was one of the industries he seriously considered pursuing full-time.

Ultimately, he realized he could support that world while also creating a greater community

impact through hauling and donation services.

"I still love renovations and real estate," he says. "I just found a different lane where I could make a bigger difference."

When he is not working, Keith enjoys smoking meats, including hams and pulled pork, curing his own bacon, and spending time outdoors. Their white German Shepherd, Jackson, has become something of a local celebrity as the company's unofficial mascot, frequently appearing in photos and company content.

"He's part of the brand at this point," Keith jokes.

Community involvement also remains a major part of the family's daily life. Keith is a member of the Ballston Spa Rotary, Stephanie serves on the board of Rebuilding Together Saratoga County, and the family stays actively engaged in local outreach efforts year-round.

Looking Ahead

As Clean Green Hauling & Removal continues to grow, Keith's vision remains rooted in the same purpose that started it all: helping people while reducing waste.

He hopes to continue expanding the company's donation and recycling partnerships while creating broader systems that keep more usable items out of landfills and in the hands of people who need them.

"There is so much more we can do," he says. "I really believe we can change how people think about this industry."

For Realtors, Keith strives to be more than a vendor. He wants to be a trusted resource.

"If I don't know the answer, I'll help you find the person who does," he says. "I love connecting people and helping solve problems."

That people-first mentality continues to define everything Clean Green Hauling & Removal stands for. ▀

Whether you are preparing a home for market, managing an estate cleanout, downsizing, or simply looking for a trusted resource, Clean Green Hauling & Removal is ready to help with professionalism, care, and purpose. To schedule a free on-site quote or connect with Keith directly, call 518-378-5160, email info@cleangreenremoval.com, or visit CleanGreenRemoval.com.



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