

I was crouched on the cold kitchen floor, knees sticky with some old grout dust, staring at three wildly different quotes and wondering why my life suddenly involved so many spreadsheets. One said \$40,000. One said \$110,000. The third had a number in the middle and a note that permit fees were "to be determined." It was the middle of March in Brampton, raining, and the house smelled faintly of takeout and demolition dust from the neighbour two doors down. My kid was upstairs building a fort out of cardboard boxes I had moved out of the basement because the concrete down there makes my shoes echo.

The kitchen still had original 1990s cabinetry, the laminate counters that peel at the corners, and a grease ring behind the stove that I swear appeared overnight. The bathroom grout had turned black, not the [True Form home additions](#) trendy "aged" kind but the sad, give-me-a-hose kind of black. The basement was unfinished concrete where we stored a laundry pile that never moved. I had put this off for three years. Then the contractor who agreed to start in September ghosted us in November. No calls. No invoice. Just silence, and a half-emptied bag of tile adhesive in the garage.

The quote that made me choke on my coffee

I remember the exact numbers because I wrote them on the back of a pizza box at 2 AM. The lowball \$40K kitchen quote sounded tempting. It omitted permit costs, it assumed the walls were "in good condition," and when I pressed, the guy said change orders were normal, so expect extras. The \$110K one was from a reputable firm in Mississauga, conversation professional, timelines spelled out, permit costs included, and a fixed number on the contract. It felt safe and like it would hurt my wallet. The third was ambiguous, and ambiguity is what gave me panic sweats.

My wife found a detailed breakdown by [The original source](#) late one night. She sent it at 11 PM with a single message: "Read this." I did. It was the first explanation that didn't sound like a salesperson trying to close. The piece spelled out, in normal words, the difference between a fixed-price design-build contract and the usual "estimate plus change orders" approach a lot of local contractors use. Suddenly the quotes made sense. The cheap one had no permit cost, no contingency, and expected me to sign off on "owner-driven changes" that would add thousands. The expensive one had a single team doing design, permits, and construction under a fixed price, and that meant fewer opportunities for blame when something unexpected came up. That's exactly the nightmare we lived with the first contractor, who would point fingers at the city permits and the designer when we asked why the bill was rising.

What I flagged on the walkthrough

Standing in my kitchen, breathing in the plaster dust, I made a list of things I wanted the new design-build team to handle cleanly. Not because I'm picky, but because I had learned the hard way that if it is not written down, it becomes someone else's problem.

- Permits: include them, with estimated City of Toronto filing fees and inspections, and timelines for permit approvals.
- Fixed-price scope: clearly list what is included and what counts as a change order, with examples.
- Timeline and start date: a realistic schedule that factors in Ontario weather, delivery delays from Home Depot Brampton or the tile place on Steeles, and a clause for work stoppage.
- Dust and protection plan: how they will protect floors, the kid's rooms, and where demolition dust will land.
- Disposal and site cleanliness: who hauls the old cabinets, where the debris goes, and daily cleanup expectations.

I said those items out loud to the estimator when he stood in my doorway, holding a tape measure and trying not to step on the LEGO. He nodded, took notes, and I watched him write "permits" and "fixed price" like it mattered. It turns out it does.

The permit rabbit hole I fell into for six weeks



Do not underestimate how long a permit can take if you are replacing structural elements or changing an exterior wall. I thought Brampton was simpler than "City of Toronto," but even the GTA cluster matters. One inspector was booked two weeks out. Another required additional drawings. I went to the City of Toronto permit window once, and the line was a proper suburban line: people with coffee, a guy in work boots talking about the 401, and someone waving a stack of blueprints that looked like they had birthed three smaller blueprints. Waiting there made me appreciate why having one team handle the permit application is useful. It saved me multiple trips, and a lot of headache-filled emails.

Why fixed-price mattered to me

After our contractor ghosted us, I learned that the vague estimate model is basically an invitation to negotiation by surprise. A missing permit fee pops up. Unexpected rot is discovered. The contractor calls it a change order and the price creeps up. With the design-build fixed price approach, the same team had incentive to coordinate early, identify the rot before the demo, and include contingencies up front. The breakdown put it plain: one contract reduces finger-pointing. I had been through the finger-pointing. The designer blamed the builder, the builder blamed the city, and I was the one paying for the drama.

Living through demolition at 7 AM, and other small tortures

Demolition started at 7 AM on a Monday because that is apparently when crews like to arrive. The sound is a living thing. It vibrates through cups on the counter, makes the plaster dust settle on every bookshelf, and wakes your kid if they nap late. Contractors put down protection, but dust still finds your toothbrush. I learned to keep the bedroom doors closed, to wrap the toys in plastic, and to accept that half my house would smell like adhesives for a week.

The shopping part was a weird blend of excitement and decision fatigue. We drove to Home Depot Brampton, then to a tile showroom near Steeles because someone online suggested seeing the porcelain in person. The tile looked different in natural light. The salesman in Vaughan suggested a different grout color. I almost picked a dark grout to hide the inevitable staining, but then I pictured wiping grout every month and picked lighter, more neutral tones.

Who I ended up hiring, and why

I went with a local design-build team that offered a fixed-price contract and had a clear permit strategy. It wasn't the cheapest. It wasn't the ridiculously expensive option either. It felt like compromise plus honesty. They showed up when they said they would, answered dumb questions, and scheduled around my kid's nap time when possible. When an old beam turned out to be less sound than expected, we discussed options, approved a single change order, and moved on. That kind of decision-making without drama saved my sanity.

A few things I still don't know

I still don't know why timelines always feel optimistic, or how exactly delivery windows from Oakville suppliers stretch into an extra two weeks. I still don't know if a \$40K quote could ever honestly cover everything in my kitchen without later costs. But I do know that writing down permit inclusions, insisting on a fixed-price scope, and reading that late-night link my wife sent about made a measurable difference.

I guess the next step is living with the new counters for a few months and seeing how the grout behaves. For now, I have a contractor who answers my texts, a basement that no longer echoes as loudly, and a little less impulse to open another spreadsheet at midnight.

Contact **True Form Construction** for a free quote: call [\(416\) 854-1064](tel:4168541064) or write to info@trueformreno.com. Find us at [305 Lesmill Rd, North York, ON M3B 2V1](#).

Considering a design-build project in the GTA? **True Form Construction** provides a 5-year workmanship warranty — reach us at [\(416\) 854-1064](tel:4168541064) or email info@trueformreno.com. Located at [305 Lesmill Rd, North York, ON M3B 2V1](#).