This work consists of nine interviews from individual meetings with workers linked to the Association of Recyclable Materials in North-Central region of Palmas-TO - ASCAMPA, who participated in the activities promoted by NESol through the Connections program of Knowledge in order to know a little of their lifestyle, and how to feed, how many meals are daily feeding times, now starved how and why they chose that job. The interviews were transcribed speech showing exactly the scavengers aiming to give voice to these people as socially excluded. The daily routine of these scavengers, comprehensive, and not always have a weekly rest. Physical activity exerted by this group requires the amount of caloric intake, protein and micronutrients but some are only a meal per day and when possible and at times descompassados, sometimes eat food debris that scavenge once over long distances leading their carts laden with materials. Become clear feelings of neglect of these people both by society and by the public. The pain of not having some other option for survival in contrast to the pride of others by knowing the importance of their work despite the poor living conditions that it provides. Most have little education and little knowledge about proper nutrition, and quality of life, because they are more concerned about what they put on the table to eat.