

A photograph of young children in school uniforms watering plants in a garden. One child in the foreground is pouring water from a brown watering can into a raised garden bed. Another child in the background is using a green watering can. The garden has several raised beds with various plants, and a small building is visible in the background.

# Food Security in Honduras

2025 COVENANT CAMP PROJECT







**“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”** Then the righteous will answer him, “Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?” The King will reply, “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

MATTHEW 25:35-40

A woman in a red dress stands in a field of large-leafed plants, looking down. Another person is visible in the background. The image is dimmed with a blue overlay.

## What is food security?

Food security is about more than just having food today—it's about making sure people have enough food, the right kinds of food, and reliable access to it over the long term.





**AVAILABILITY • ACCESS • UTILIZATION • STABILITY**







## AVAILABILITY

**This means there is enough  
food for everyone.**

Whether it comes from your own farm, the store, or help from others, food security means that sufficient food is available to all.





## ACCESS

The availability of food is only helpful if all people have access to it. It's making sure everyone has the ability to secure the food they need.

**This means they can get to places where food is sold, they have enough money to buy food, or they can grow their own food.**





## UTILIZATION

**This means the food people eat helps them stay healthy.** It's about eating the right kinds of food, cooking it safely, and having clean water. It's making sure to eat fruits, vegetables, and clean food that keeps you strong.





## STABILITY

**This means having enough food all the time, not just sometimes.** It's about making sure people don't run out of food when things go wrong, like when there's bad weather or no money. It's making sure you don't have to worry about not having food in the future.





## Why Honduras?

- 30% of Hondurans work in agriculture.
- Honduras is susceptible to climate-related issues like droughts, hurricanes, and heavy rains.
- 23% of Honduran children under the age of five are malnourished.
- Around 50% of the rural population in Honduras lives in poverty.





## Why does food security matter?

Food security is essential for building healthy, thriving communities around the world.

- Prevents hunger and malnutrition
- Supports children's growth and education
- Builds stronger communities
- Breaks the cycle of poverty
- Creates stability and reduces conflict






## How does our partner in Honduras support food security initiatives?

- Sustainable agriculture training
- Livestock and poultry programs
- Water management and irrigation
- Community gardens and cooperatives
- Nutrition and health education





**Did you know?**

Some of the bananas and  
coffee in US grocery stores  
come from Honduras.





**Did you know?**

On September 10, Honduran children celebrate Día del Niño (Kids' Day) with games, treats, and parties.



An underwater photograph of a coral reef. In the foreground, there are large, branching, orange-brown coral structures. The background shows a deep blue sea with a diver visible in the distance. The text is overlaid on the image.

**Did you know?**

Honduras has the second largest  
coral reef in the world.  
(*Mesoamerican Barrier Reef*)



A close-up photograph of several cacao pods hanging from a tree branch. The pods are elongated and ribbed, with some showing a dark brown, almost black, color and others a lighter, yellowish-brown hue. They are attached to a dark, woody branch. In the background, there are more pods and green leaves, slightly out of focus. The overall lighting is soft and natural.

**Did you know?**

Honduras is home to cacao trees,  
the plant that gives us chocolate!



The background of the entire image is a dense, close-up photograph of white, long-grained rice. The grains are oriented in various directions, creating a textured, repetitive pattern. The lighting is even, highlighting the natural sheen and shape of the rice.

**Did you know?**

Foods like tortillas, beans,  
and rice are popular in both  
the US and Honduras.





# Will you join us?

[covchurch.org/camp-project](https://covchurch.org/camp-project)



The Evangelical Covenant Church