



TALKING POINTS

COVENANT CAMPS PROJECT

Food Security in Honduras

Did you know that over 828 million people around the world go to bed hungry every night? We believe that all children everywhere should have access to the nourishment they need to grow, thrive, and build a hopeful future. This year's Covenant Camp Project will focus on Honduras, coming alongside a partner who is making an impactful difference through sustainable agricultural practices that help families overcome food insecurity.

Food security goes beyond filling stomachs—it's about empowering families to overcome the challenges of poverty and vulnerability, especially those that impact children. Proper nutrition is essential for children's physical growth, cognitive development, and overall

well-being. Through improved food security, children can attend school with the energy and focus they need to learn and grow, reducing the risk of malnutrition and allowing them to stay on track to achieve their dreams.

Our partner in Honduras works directly with families to address these needs. By teaching sustainable farming techniques and providing essential resources like chickens, irrigation systems, and training in water management, they help families secure reliable, nutritious food sources. This support enables parents to provide nourishing meals for their children. When children have access to nutritious food, they are better able to learn, grow stronger, and build brighter futures for themselves and their communities.

Together, let's work to nourish bodies and nurture hope, enabling families and communities to break the cycle of hunger and build resilience. *Will you join us?*



Matthew 25:35-40 and Isaiah 58:10 remind us of the call to care for those in need. When we feed the hungry, we reflect God's love in action. The 2025 Covenant Camp Project invites us all—from the children at camp to families in Honduras—to be active participants in God's work of nurturing and caring for one another.

"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." (MATTHEW 25:35-36)

"If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday." (ISAIAH 58:10)

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. Food security is generally measured in four ways. By supporting these areas, we can help families stay healthy, thrive, and build stronger, more resilient communities for the future.

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.

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.

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 can grow their own food.

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.

Access to food is one of the most basic human needs. Yet every day millions of people face the devastating effects of hunger, often exacerbated by climate change, conflict, and poverty. Through our food security projects, we partner with local communities to develop sustainable solutions, ensuring that families not only have enough to eat today but are equipped to thrive tomorrow.



Why are food security efforts important?

- **Prevents hunger and malnutrition:** Ensures that people have enough nutritious food to stay healthy and avoid illnesses related to poor diets.
- **Supports children's growth and education:** Proper nutrition helps children grow strong and stay focused in school, improving their chances for a better future.
- **Builds stronger communities:** When people have access to food, they are healthier and can contribute more to their families and communities.
- **Breaks the cycle of poverty:** Food security helps families become more self-reliant, reducing long-term dependence on aid and allowing them to work towards a better quality of life.
- **Creates stability and reduces conflict:** Ensuring food access helps prevent the instability and tension that can arise when people are struggling to meet their basic needs.

Food security is essential for building healthy, thriving communities around the world. It ensures that people have consistent access to enough nutritious food, which is vital for preventing hunger and malnutrition, supporting children's growth and education, and empowering families to break the cycle of poverty. Through our partners, we are committed to addressing all aspects of food security because it's not just about feeding people today—it's about ensuring a better tomorrow for individuals, families, and communities.

How does our partner in Honduras support food security initiatives?

- **Sustainable Agriculture Training:** Our partner provides workshops teaching sustainable farming techniques and essential resources, helping farmers increase crop yield and protect soil health.
- **Livestock and Poultry Programs:** Families receive chickens and livestock for nutrition and income, along with training in animal care to ensure their animals remain healthy and productive.
- **Water Management and Irrigation:** Year-round farming, even during dry seasons, has been made possible through irrigation systems and water conservation education provided by our partner in Honduras.
- **Community Gardens and Cooperatives:** Community gardens and agricultural cooperatives empower families to grow nutritious food locally and support one another through shared resources.
- **Nutrition and Health Education:** Nutrition workshops focus on balanced diets and safe food preparation, with special programs to address child malnutrition and monitor health.

These initiatives provide sustainable solutions that build self-reliance and improve health for families in Honduras.





Interesting facts about Honduras

High Rural Dependency on Agriculture: Over 30% of the Honduran population works in agriculture, with many rural families relying on small-scale farming for food and income. However, limited resources and poor soil conditions can make it challenging to produce enough food.

Climate Vulnerability: Honduras is highly susceptible to climate-related issues like droughts, hurricanes, and heavy rains, which can disrupt food production. The “Dry Corridor,” a drought-prone area, affects more than half of Honduras, putting food security at risk for millions.

Malnutrition Among Children: Nearly 23% of Honduran children under the age of five suffer from chronic malnutrition, a condition often exacerbated by limited access to diverse and nutritious foods in rural areas.

Reliance on Staple Crops: Corn and beans are staples of the Honduran diet, but limited crop diversity can lead to nutrient deficiencies. Efforts to diversify crops and introduce more fruits and vegetables are critical for improving nutrition.

Rural Poverty and Food Insecurity: Around 50% of the rural population in Honduras lives in poverty, with many families experiencing food insecurity due to limited access to resources, infrastructure, and agricultural support.

Programs Making a Difference: Local partnerships focusing on sustainable agriculture, nutrition education, and water management are essential in Honduras. Programs that introduce resilient farming techniques and support local food production have a direct impact on food security.

Did you know that some of the bananas and coffee you see in U.S. stores come from Honduras? In fact, Honduras is a major exporter of both. When you eat a banana or drink coffee, you might be enjoying something grown by a Honduran farmer.

Did you know that Honduran kids celebrate a Day of the Child? Every September 10, Honduran kids celebrate Día del Niño (Kids’ Day!) with games, treats, and parties—kind of like a birthday for all kids at once!

Did you know that Honduras has one of the largest coral reefs in the world? The Mesoamerican Barrier Reef, which runs along the northern coast of Honduras, is the second-largest coral reef on Earth—second only to Australia’s Great Barrier Reef!

Did you know that Honduran farms grow chocolate? Honduras is home to cacao trees, the plant that gives us chocolate! The ancient Mayans of Honduras even used cacao beans as money and made a drink from cacao called “xocoatl”.

Did you know that foods like tortillas, beans, and rice are popular in both Honduras and the U.S.?