

# Honduras Livelihood Profiles

## National Summary

### Introduction

**Honduras** is strategically located in the heart of Central America, surrounded by tropical mountains, which gives it a variety of climates. It borders the Caribbean Sea on the north, offering a wide range of beaches and warm climate. The bay islands are located a short distance from the coast; they are surrounded by the second largest coral reef in the world. To the south, Honduras borders the Pacific Ocean and El Salvador; to the west, Guatemala; and, to the east, Nicaragua.



The current population is estimated at 6 million. The Honduran population is composed of 90% mestizo, 7% Amerindian (Chorti, Lenca, Pech, Tolupan, Tawahka and Miskito), 2% African descent (Garifuna) and white (1%).

Agriculture is the mainstay of economy. The primary sector employs nearly 60% of the workforce. The main commercial crops are coffee and bananas. Other major production commodities include sugar cane and palm oil. Maize, beans and rice are the main agricultural products for consumption.

Timber is also an important resource, particularly precious woods: pine, mahogany, ebony and rosewood. The fishing industry is not insignificant, with most fishery products consisting of crustaceans such as shrimps and lobsters. Silver, zinc and lead deposits are also exploited in Honduras. Iron, coal, copper and antimony are part of its other resources, but are underexploited.

Disparity in income levels among wealth groups (poor, middle and better-off) is quite pronounced, driven by inequalities in the distribution of productive land, appropriate technology and basic services (health, education), and access to quality jobs. Paucity of access to these capitals is most pronounced among excluded groups: primarily indigenous populations, and female headed households.

Geographically, poverty is concentrated in the rural areas, which are dominated by small subsistence farmers. These areas are characterized by social and environmental vulnerability, manifested and augmented by degradation of the natural resource base by populations trying to survive off the land with meagre resources; stagnant production and income; and pockets of food insecurity in areas (see summary points below) that are particularly vulnerable to drought and rainfall related hazards.

Unemployment and underemployment remain high, with microenterprise and self-employment incapable of generating capital accumulation or improved livelihoods for most rural households involved in these activities.

Macroeconomically, Honduras currently faces serious challenges, including an unfavorable balance

between imports and exports; deep corruption within government institutions; a high rate of HIV/AIDS among the population; youth gangs (*maras*) that threaten to destabilize the economy; and a rising culture of slums in urban areas. These factors combine to create a climate of instability and insecurity.

Underlying factors contributing to chronic poverty and risk of food insecurity include: urban population expansion; deforestation resulting from clear-cutting timber for agricultural purposes; increasing levels of land degradation and soil erosion due to uncontrolled practices of inappropriate land use (e.g. as use of marginal lands for planting crops); and pollution of Lake Yojoa (the largest source of fresh water in the country), as well as several rivers and streams, due to mining activities.

## Geography and Climate

Outside its two coastal strips, one bordered by the Caribbean Sea and the other by the Pacific Ocean, Honduras takes the form a plateau. It has deep valleys and is traversed by mountain ranges of volcanic origin that rise to altitudes above 2800 m. The forests cover about one third of the territory. Among the most important waterways of the country, Lake Yojoa is the largest, in addition to the following rivers: Ulua, Chamelecon, Lean, Coco, Patuca, Choluteca, Goascoran, Nacaome, Negro, Aguan, Motagua, Cangrejal, Tinto or Negro, Platano and Lempa.

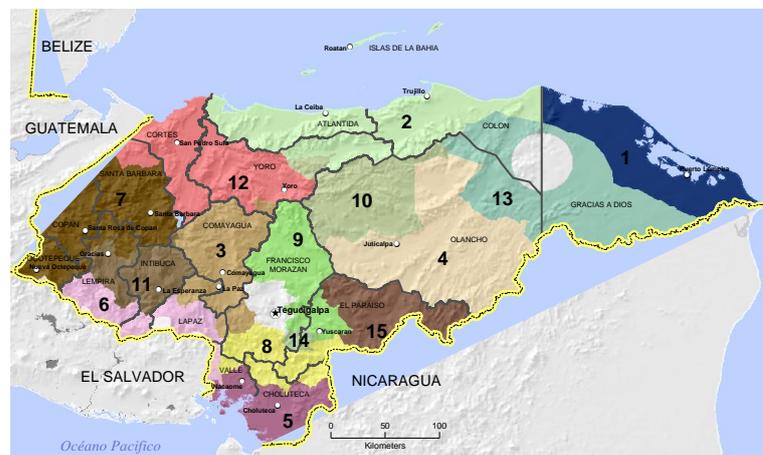
A hot tropical climate characterizes the coastal plains of Honduras, while the plateau interior is characterized by a slightly cooler yet still warm climate, due to its higher altitude. The average annual temperature is between 15 and 20°C for the central regions and 20 to 40°C on the coast. To the northwest, Honduras borders Guatemala; to the south, El Salvador; and to the southeast, Nicaragua.

Honduras has access to both the Pacific and Atlantic Oceans. Access to the Pacific Ocean exists through the Gulf of Fonseca, at the mouth of which sit several islands belonging to its territory, including Tiger Island, the site of an international seaport in years past. A far larger segment of Honduras' coast borders the Atlantic Ocean. Sitting along this coast are major cities Puerto Cortes, La Ceiba, Trujillo, Roatan; San Pedro Sula, the second largest city in Honduras, is located only a few hours from the coast. All the products manufactured in Honduras are exported from Puerto Cortés: banana, textiles, shrimp, melon, watermelon, etc.

## Rural livelihood zones

### Honduras Livelihood Zones

- 1 Fishing and subsistence agriculture
- 2 Agriculture and cattle production
- 3 Horticultural zone with coffee
- 4 Livestock and basic grains
- 5 Agribusiness
- 6 Border remittances
- 7 Coffee production
- 8 Basic subsistence grains
- 9 Basic grains and timber zone
- 10 Timber related activities
- 11 Coffee and potato growers
- 12 Industrial
- 13 Rio Platano Reserve Buffer Zone
- 14 Ve getables and fruits
- 15 Coffee and basic grains



## Sources of food and income: Main conclusions and implications

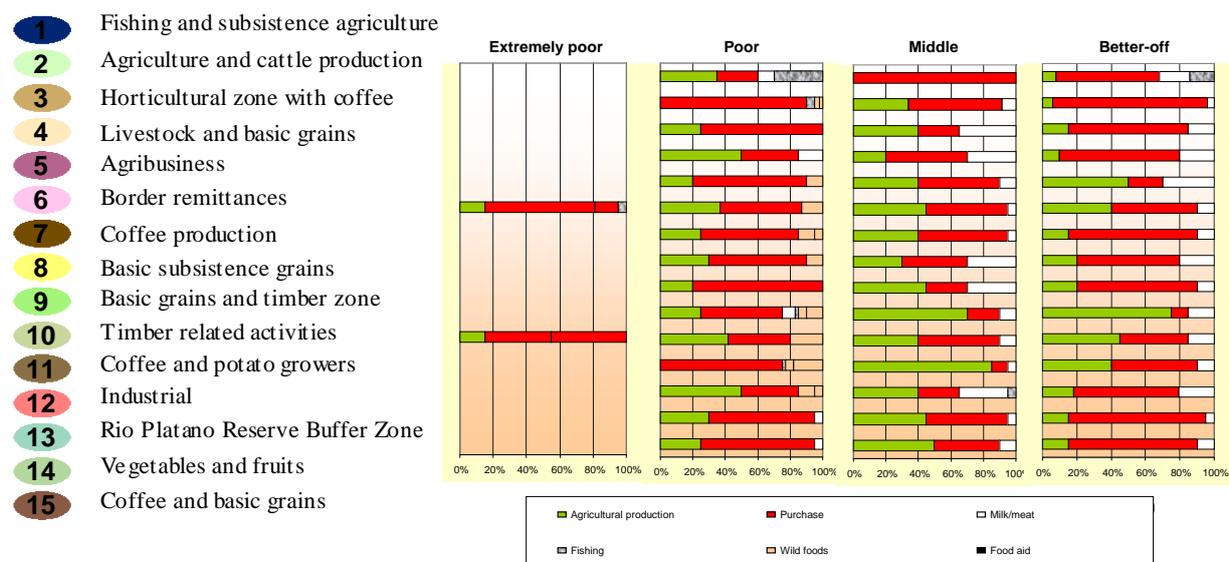
### Sources of food:

Households in Honduras' rural livelihood zones source most of their food from the market, their own crop production, and their own livestock. Poor households in over half of all livelihood zones also secure roughly 5 to 20% of their minimum food needs from wild foods.

In general, the poor have a high dependence on staple food purchased from the market – ranging from roughly 25% to over 80% of their minimum food needs – as their land and labor resources are not sufficient to produce enough food to feed the household for an entire year. The poor supplement these main food sources in smaller quantities through sources such as fishing, livestock, food aid, wild foods, food for work, trade and hunted animals, depending on the zone.

By contrast, middle households depend to a larger extent on their own agricultural production, especially on that of basic grains. They have the necessary means of production to secure 25% to 80% of minimum annual food needs through their own production (with an average of around 40% across livelihood zones). Like the poor, they supplement these food sources through market purchase, livestock production, fishing, hunting and food aid.

Better off households have the land and labor capital to reach high agricultural production levels – enough so that many households in livelihood zones with good market access choose to sell large quantities of their production each year. Selling most of their produce, these households therefore rely heavily on the market for food; however, unlike the poorer wealth groups, they have the flexibility to be able to choose to consume their production if terms of trade become unfavorable for sale of crops in bad years. Furthermore, their economic standing gives them access to a wide variety of commodity markets, which enables better access to inputs and goods (e.g. medicine) that in turn bolster the productivity of the household. Livestock production comprises approximately 5% to 30% of minimum annual food needs for these households – the highest of all wealth groups.



**Sources of income:**

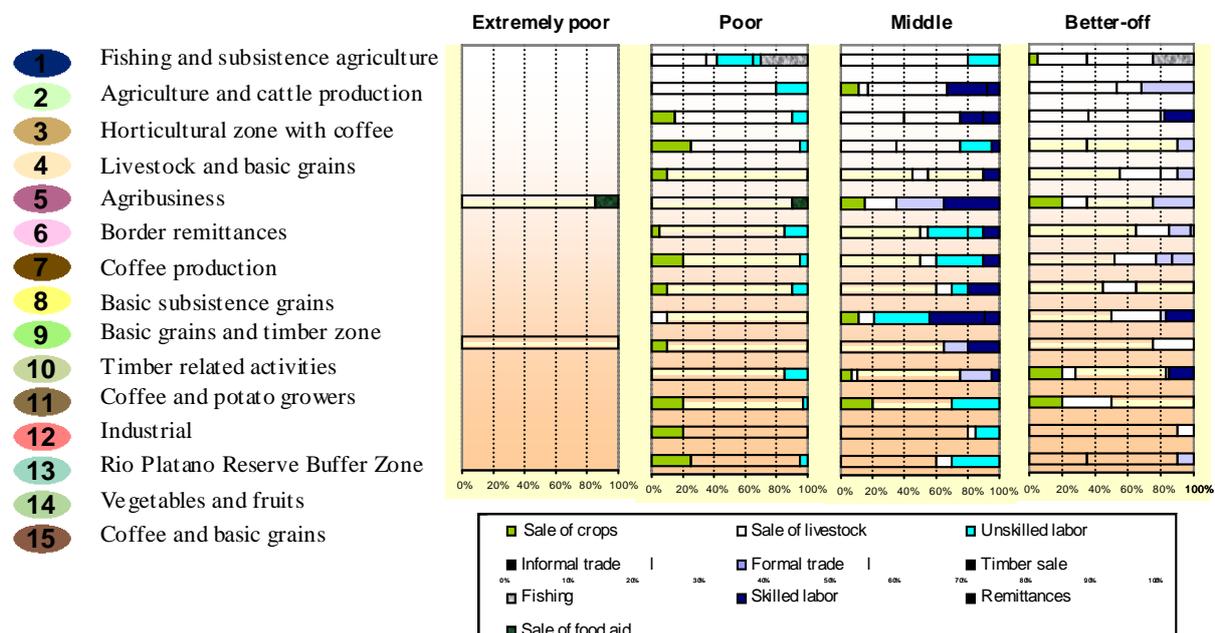
Sources of income for rural households in Honduras vary widely depending on opportunities or constraints within the livelihood zone, as well as the livelihoods capitals various wealth groups can draw on to create income generating activities.

As noted above, the poor have low access to productive assets like land, and must generate income to purchase enough food from the market to meet the 60% to 80% of annual food needs that remain unmet by their own production. Households in all livelihood zones resort to selling their labor to secure enough income to cover food and livelihoods protection costs: in all zones except LZ 1, 90% to 100% of cash income for the year comes from unskilled labor wages. These casual labor opportunities are sourced from employment in activities related to agriculture, livestock, manufacturing, fishing, coffee cutting, sugar cane harvest, maquilas, construction and domestic work. In several areas, the poor must migrate out of the livelihood zone or even the country to find unskilled labor opportunities in these sectors on a temporary or permanent basis.

With larger land plots and more productive household members to contribute to farming, the middle and better off are able to produce higher levels of crop production, portions of which they sell for cash, with sales increasing with wealth status. Coffee is one of the most important crops sold for cash income. Also sold in lower quantities are beans, maize, sorghum, and potatoes.

Sale of skilled labor is also a significant source of income for many middle households (making up from 5% to 40% of annual cash income), who have higher levels of education. Typical skilled labor types of work include machine and agricultural / industrial equipment operation, diving, secretarial work and government work. Middle households also supplement their income through the sale of livestock, formal and informal trade of goods, sale of timber, and remittances received from household members working in other parts of the country or other countries like the United States, Spain, Mexico and countries in Central America.

For better off households in most livelihood zones, sale of crops is the most significant source of income. Formal trade is a significant income source for the better off in many livelihood zones in the country; as is sale of livestock – mainly cattle and pigs – and milk and dairy products. Livestock goods are generally sold by households in local or sometimes regional or national markets for the wealthier households. Better-off households also generate small amounts of income through sale of timber, industrial fishing and remittances.



## Summary of livelihood zones

### Zone 1: Fishing and subsistence agriculture



The economy of Zone 1, a zone typically at low risk of food insecurity, revolves largely around the fishing industry and the markets that the zone's sea ports provide. Households of all wealth statuses have extensive opportunities to earn income through the industry, both through sale of fish and shrimp, as well as unskilled and skilled labor related to diving, processing,

packaging, and the export of fish and shrimp products to the United States. Better off households in particular take advantage of the good market access to engage in formal trade for significant amounts of cash income. Nonetheless, almost all households still engage in subsistence agriculture, harvesting and consuming or selling primarily rice, as well as smaller quantities of beans, plantains, and cassava. Income earned from sale of agricultural goods increases with land size and wealth.

Agricultural production is supported by a long rainy season that extends from May to January. The lean season occurs from March to June, when most of the population, which is usually engaged in fishery-related labor, foregoes their wages to plant their fields.

Common hazards in the zone include flooding during the rainy season, which often result in crop loss; and tropical storms, which occur each year. These usually bring about conditions ripe for disease, and also adversely affect the fishing industry – thereby affecting the most important income sources of the vast majority of the population in the zone.

#### Characterization of Food Security

Low risk

#### Animals

Cattle

Pigs, Poultry

#### Sources of income

Labor

Crop sales

Livestock

Trade

Fishing

#### Sources of food

Rice, Beans

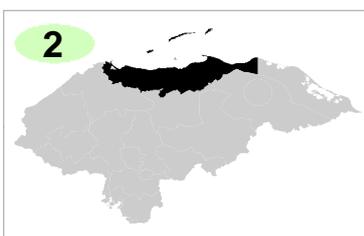
Plantain, Cassava

Fishing, Fruits

Meat, Eggs, Milk

and Dairy Products

### Zone 2: Agriculture and cattle production



Livelihoods in Zone 2 are almost completely dependent on agribusiness corporations that define economic and social patterns in the area. Although households are typically at low risk of food insecurity, it is the corporations that own and control most means of production in the zone, including vast stretches of very fertile land. Corporations export pineapple, rambutan, banana

and citrus fruits to markets in Central and North America and Europe.

Most households, the poor in particular, benefit indirectly from the zone's fertility and good rainfall conditions, resorting to selling their unskilled and skilled labor to the agribusiness corporations to meet most of their food needs. Poor, middle and better off households do have access to some land (with land holdings increasing with wealth), and source some of their food and income from their own agricultural production, but this is mostly a secondary activity. The better off rely more significantly on formal trade for income than on labor.

Agribusiness has created a large demand for unskilled labor, attracting migrant workers from outside the zone, from Choluteca and Copan. With supply of laborers often in surplus, some households even resort to migrating out of the zone (e.g. to San Pedro Sula and Tegucigalpa, and to the US).

The lean season occurs with the falloff of demand for labor from the agribusiness corporations, in January and February. Most significant hazards in the zone include floods, which occur from September to December, and erratic or late start of rains during the planting and flowering phase of crop production. In the early 2000s, these shocks have resulted in large losses in the production of basic grains.

#### Characterization of Food Security

Low risk

#### Sources of income

Labor

Trade

Agriculture

Livestock

Fishing

#### Sources of food

Maize, Beans

Rice, Plantain

Banana, Cassava

Malanga, Seasonal fruits:

Mango, Avocado

Meat, Eggs, Milk

and dairy products

**Zone 3: Horticultural zone with coffee**

3



The Horticultural and Coffee Livelihood Zone is characterized by moderate to high food insecurity in normal years. Despite the high productivity of the zone’s export vegetable sector, most households engage in this sector only as wage laborers, reaping far less profit than larger producers who employ them. Indeed, most households have no access to land of their

own. Furthermore, despite the bisection of the zone by the Pan American Highway, poor local road conditions and high public transport costs contribute to poor local market access. Highly dependent on the market for food, most households in the zone are also exposed and vulnerable to periodic commodity price increases that compromise the ability of most households to meet their food needs.

In February and March, many households migrate to Comayagua, San Pedro Sula and Tegucigalpa for urban labor and employment opportunities. The dropoff in demand for labor drives the seasonal ‘lean’ months in April and August.

Notwithstanding the hardships faced by the largely landless and laborer population, the future may hold increased opportunities for households: situated between the Capital City and the second most important city, San Pedro Sula, it is well-placed to reap the benefits of industrialization as urbanization extends outward.

Characterization of Food Security

Moderate to high

Sources of income

Labor  
Agriculture  
Livestock  
Remittances

Sources of food

Maize, Beans  
Vegetables, Rice,  
Meat, Eggs, Milk  
and dairy products

**Zone 4: Livestock and basic grains**

4



Characterized by low risk of food insecurity in normal years, livelihoods in Zone 4 are driven by livestock and basic grain production. Coffee is produced and sold for cash, particularly by the wealthier households in the zone; coffee production also provides poor and middle households opportunities for wage labor, as does agricultural production for wealthier households.

Livestock milk and meat provide 15% to 25% of food needs for the poor through the better off; middle and better off households also sell livestock and livestock products, securing nearly 40% to 50% of cash income for the year.

Typical of other livelihood zones, the better off generally choose to sell much of their agricultural production in favor of purchasing most food needs from the market, where they can get variation in their diet and reap good prices for their production at non-harvest times during the year. These three elements – livestock, agricultural production, and coffee production – provide the means by which most households have little trouble satisfying food needs for the year.

Access to markets is limited; there are only two markets in the zone (Catacamas and Juticalpa); roads are generally of poor quality and transport costs are high, increasing transaction costs for buyers and sellers alike.

The zone has a well-defined dry season that runs from December to May, and a rainy season from June to November, with a short intervening dry period from mid-July through mid-August. Planting of maize and beans occurs during the rainy season, and milk production increases. Coffee cutting activities take place from October to February. The lean season occurs from April and July, when most of the population is engaged in tending to their fields and the harvest has not yet come in. Droughts and high prices of production inputs are hazards that undermine access to food and income for much of the population.

Characterization of Food Security

Low risk

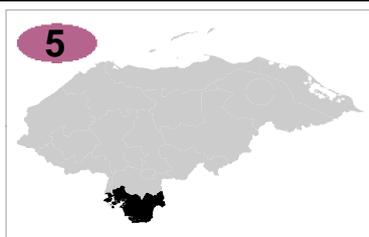
Sources of income

Labor  
Agriculture  
Livestock  
Trade  
Remittances

Sources of food

Maize, Beans  
Rice, Fruits  
Meat, Milk and  
dairy products

## Zone 5: Agribusiness



Located in southern Honduras in the country's dry corridor, Zone 5 is characterized by erratic rainfall, which constrains subsistence agriculture, on which 60% of the population depends. Unable to secure all of their food needs through own production, households also face rising commodity prices that limit their ability to secure food and goods necessary for economic

growth. These conditions frequently place households in this zone at risk of food insecurity.

Most households instead rely on the sale of their unskilled labor to secure income for food and livelihoods protection needs. Cultivation and processing of sugar cane, melon, watermelon and shrimp by agribusiness farms provide opportunities for laborers both within and from adjacent zones. With demand for agribusiness labor peaking in November through March. A significant number of households migrate to the maquila zones and to the United States for labor opportunities.

Market access in the zone is good. In addition to its sea coast, the zone shares borders with El Salvador and Nicaragua, whose markets can be accessed via the Pan American Highway and through the ports of Amapala on Tiger Island and ENECAN in San Lorenzo. The transportation and roads system (primary and secondary) are in fair condition. Choluteca is the main market in the zone. The zone has a dry tropical climate with two well-defined seasons: summer (December-April) and the rainy season (May-November).

### Characterization of Food Security

Moderate to high risk

### Sources of income

Labor  
Agriculture  
Livestock  
Trade  
Remittances

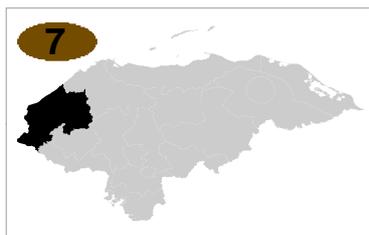
### Sources of food

Maize, Sorghum  
Beans, Fruits  
Meat, Milk and dairy products, Eggs

**Zone 6: Border remittances**

	<p>Home to eleven of the 80 poorest municipalities in Honduras, Zone 6, which is located in western Honduras bordering El Salvador, is characterized by frequent drought and political/economic marginalization. It is typically at moderate to high risk of food insecurity.</p> <p>Landlordism dominates land holding patterns, with 70% of the population lacking access to land. This reality ensures that most households must resort to migration to maquilas and other zones for agricultural and coffee labor employment. Some households seek work outside the country; remittances have become an important source of income for most of the population, both from household members working within and outside the country.</p> <p>Access to local and national markets is poor due to large traveling distances and poor road quality. These factors contribute to high transaction costs and increased prices of goods sold at local markets for household purchase. At the same time, however, proximity to El Salvador, where market access is good, creates opportunities for better off households to sell produce like maize and beans. Illegal business is also engaged in across the border as well by some households.</p>	<p><b>Characterization of Food Security</b> Moderate to high risk</p> <p><b>Sources of income</b> Labor Agriculture Livestock Remittances Sale of humanitarian aid</p> <p><b>Sources of food</b> Maize, Sorghum Beans Meat, Eggs Milk and dairy products</p>
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### Zone 7: Coffee



Located in western Honduras on the border of Guatemala and El Salvador, this zone, which is at moderate risk of food insecurity in typical years, includes the departments of Ocotepeque, Copan and Santa Barbara. Seventy-five percent of the zone's economy revolves around coffee. Sale of labor for coffee cutting is the most important source of income for the vast majority

of the population. This heavy dependence on coffee production means that household income is directly tied to the price of coffee: fluctuations in international coffee prices are a major factor contributing to risk of food insecurity of most people in the zone.

Fertile soils and regular rainfall support cultivation of maize, beans, and coffee in the zone by smallholder households, although agro-forestry exerts pressure on the amount of land able to be cultivated by households. Livestock production also contributes to household food and income.

Market access is fair; in addition to local markets in the zone, maquilas in San Pedro Sula provide opportunity for buying and selling of commodities, as do markets in El Salvador. In addition, about 15% of the population migrates out of the zone to San Pedro Sula, Tegucigalpa and other urban areas, as well as to the United States for better labor opportunities.

#### Characterization of Food Security

Moderate risk

#### Sources of income

Labor  
Agriculture  
Livestock  
Trade  
Remittances

#### Sources of food

Maize, Sorghum  
Beans, Fruits  
Meat, Eggs, Milk  
and dairy products

### Zone 8: Basic subsistence grains



Zone 8 is located in part of the dry corridor in the south of the country that runs from southern Guatemala to northern Nicaragua. Frequently experiencing erratic rainfall and/or drought, it is the livelihood zone in Honduras that is at highest risk of food insecurity.

Although much of the flat land in the zone is dedicated to agroforestry, most rural households engage in subsistence agriculture on sloped land, mainly for the production of basic grains such as sorghum, maize, beans. Subsistence agriculture is carried out by the population using traditional farming methods, and the zone is characterized by high deforestation, logging/burning, overgrazing and low agriculture technology levels.

Because poor and middle households cannot meet all of their food needs for the year through their own production, most are forced to sell their labor outside the zone, laboring coffee plantations in the departments of Paraiso, Olancho, la Paz and Comayagua; as well as on sugar cane, melon, watermelon and shrimp plantations and packing facilities in the departments of Choluteca and Valle; and in maquilas in the Central District and San Pedro Sula. A smaller percentage of the population travels to the United States, sending remittances back to their families.

All roads are unpaved in the zone; most are considered tertiary, which limits access in and out of the zone, as well as access to local, regional and national markets. Climate is warm, with rainfall levels from 900 to 1050 mm per year. The dry season takes place from December through the middle of May. The rains start mid-May and last through November, with a dry interim period, from mid-July to mid-August, known as the 'dry spell'. The annual lean season falls between the months of March to July.

#### Characterization of Food Security

High risk

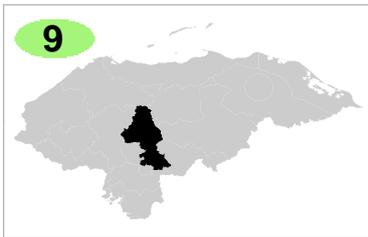
#### Sources of income

Labor  
Agriculture  
Livestock  
Trade  
Remittances

#### Sources of food

Maize, Sorghum  
Beans, Fruits  
Milk and dairy  
products  
Meat, Eggs

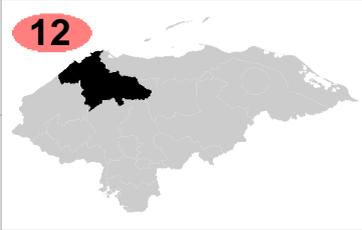
### Zone 9: Basic grains and timber zone

	<p>Zone 9 is located in central Honduras, approximately 30 km from the capital city. A very fertile and highly productive zone, it is at low risk of food insecurity. Roughly 60% of the zone is mountainous, which favors coffee production and enables water harvesting of runoff for irrigation. Fertile valleys support basic grain, vegetable, and sugar cane production, as well as livestock production and the timber industry. These larger end of these industries in the zone are geared towards markets in Central America, Europe and the US.</p> <p>The middle and better off are able to secure the majority of food needs through their own production, while the poor (and to a limited extent the middle) typically seek out local labor opportunities in agriculture, large cattle farms, and the timber industry (cutting and sawmilling). Poor households may also migrate to maquila areas in Tegucigalpa and San Pedro Sula for labor. The dry season is from November to May, and the rainy season from June to September.</p> <p>Access to markets is poor due to the lack of any major markets and the bad condition of roads and corresponding high transport costs. Drought is the major threat that affects the livelihoods of most of the population: it decreases agricultural production, causes unemployment, and increases the prices of commodities.</p>	<table border="1"> <tr> <th>Characterization of Food Security</th> </tr> <tr> <td>Low risk</td> </tr> <tr> <th>Sources of income</th> </tr> <tr> <td>Labor Timber Agriculture Livestock Remittances</td> </tr> <tr> <th>Sources of food</th> </tr> <tr> <td>Maize, Beans Vegetables Milk and dairy products Meat, Eggs</td> </tr> </table>	Characterization of Food Security	Low risk	Sources of income	Labor Timber Agriculture Livestock Remittances	Sources of food	Maize, Beans Vegetables Milk and dairy products Meat, Eggs
Characterization of Food Security								
Low risk								
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Sources of food								
Maize, Beans Vegetables Milk and dairy products Meat, Eggs								

### Zone 10: Timber related activities

	<p>Zone 10 is located in northeastern Honduras, about 200 km northeast of the capital city. In the past encompassing areas heavily exploited by transnational companies for timber, this food secure zone now includes eight protected areas and national parks, and local livelihoods have begun to shift towards agricultural production (maize and beans), coffee and livestock production alongside the dwindling timber industry.</p> <p>Labor provides poor and middle households with the majority of their income, to a limited extent secured at local sawmills, but more through outmigration to urban areas like San Pedro Sula and Tegucigalpa, as the sawmills bring in their own labor brought from elsewhere.</p> <p>Access to markets is poor due to the inaccessibility of the zone and the cost of public transportation services. The <i>Julios</i> (June-August) are the months of the lean season. The high cost of production inputs is the most significant constraint on livelihoods for much of the population.</p>	<table border="1"> <tr> <th>Characterization of Food Security</th> </tr> <tr> <td>Low risk</td> </tr> <tr> <th>Sources of income</th> </tr> <tr> <td>Labor Agriculture Livestock Timber Remittances</td> </tr> <tr> <th>Sources of food</th> </tr> <tr> <td>Maize, Beans Cassava, Malanga Fruits, Meat, Eggs, Milk and dairy products</td> </tr> </table>	Characterization of Food Security	Low risk	Sources of income	Labor Agriculture Livestock Timber Remittances	Sources of food	Maize, Beans Cassava, Malanga Fruits, Meat, Eggs, Milk and dairy products
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Zone 11: Coffee and potato growers		
	<p>Located in western Honduras, 120 km northwest of the capital city, Zone 11 is characterized by moderate risk of food insecurity due to poor growing conditions for grain production, restricted labor market opportunities, and low purchasing power of the population, which in turn affects the market for sale of own production by households. Increasing importation into the national market of cheap Guatemalan products, including potatoes and vegetables, further erodes the ability of households to profit from sale of own production in local and regional/national markets.</p> <p>Roughly 60% of the zone is mountainous, while 40% is flat. Characterized by high altitude, the zone is conducive for highland coffee and vegetable production (including potatoes) particularly in the north. Nevertheless, poor market access makes production and sale of such produce somewhat risky for poorer households, who cannot afford inputs, and so despite less than ideal conditions for grain cultivation, many households rely significantly on grain production for food and income.</p> <p>Also contributing to food insecurity is very low demand for labor, and many households must resort to migration to areas with higher labor demand, such as San Pedro Sula and Tegucigalpa.</p> <p>The agricultural season begins in June and ends in October. Generally, rain-fed agriculture supports two crops of beans and one crop of corn and potatoes a year unless households have the ability to irrigate, in which case production can occur year-round. The coffee cutting season takes place from October to February.</p>	Characterization of Food Security
		Moderate to high risk
		Sources of income
		Labor Agriculture Livestock Trade Remittances
		Sources of food
		Maize, Beans Fruits, Vegetables, Meat, Eggs, Milk and dairy products

Zone 12: Industrial		
	<p>Zone 12, located in northern Honduras approximately 200 km to the north of the capital city, is typically food secure. It is one of the most productive livelihood zones in the country, and supports commercial cash crops production (African palm tree, banana, sugar cane), livestock production, and the famed maquilas. These industries attract migrant workers from all over Honduras, and make it the source of the majority of remittances in Honduras that originate from within the country.</p> <p>Within the zone resides one of the most important seaports of Central America – Puerto Cortes – as well as an airport and the largest market for the country's economy, San Pedro Sula, the second largest city in Honduras.</p> <p>Reflecting the structure of the economy, the main activity for most people is the sale of manual labor in the maquilas and the sugar cane, banana and African palm tree industries.</p> <p>Access to markets is excellent, with San Pedro Sula standing as the most important reference market. Roads are in good condition and can be used throughout the year. Changes in demand for semi-skilled labor at the national, regional and international level is a condition that affects local livelihoods in the zone, as most of the population relies on the sale of their manual labor to meet their needs.</p>	Characterization of Food Security
		Low risk
		Sources of income
		Labor Trade Agriculture Livestock Remittances
		Sources of food
		Maize, Beans Rice Meat, Eggs, Milk and dairy products

### Zone 13: Rio Platano Reserve Buffer Zone



Zone 13 includes the municipalities of the departments of Olancho and Gracias. Typically at low risk of food insecurity, most people are involved in the production of basic grains for subsistence, and supplement their food and non-food needs through the sale of labor. Coffee production, livestock production, and the timber industry provides a good source of wage labor

opportunities for households in the zone.

The rainy season starts in June and ends until January. Access to markets is very poor due to poor road conditions, the lack of road infrastructure such as bridges, and the low quality and high cost of public transport. There are no relevant markets in the zone, so people must go to other zones to buy and sell goods. Families in the south of the zone have to buy and sell their products on the market in Catacamas and Juticalpa, and those living in the north, in the markets of Irióna Limones and Tocoa.

There is migration for labor within the region, but only during the coffee harvest season. An insignificant number of households migrate to Tegucigalpa, San Pedro Sula and the United States. The most common hazard is excessive rain, which damages households crops and the agricultural industries from which households source their labor income.

#### Characterization of Food Security

Low risk (food secure)

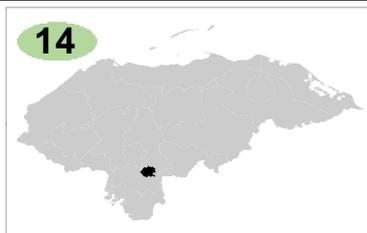
#### Sources of income

Labor  
Timber  
Agriculture  
Livestock  
Remittances

#### Sources of food

Maize, Beans  
Rice, Cassava  
Fruits, Vegetables,  
Meat, Eggs, Milk  
and dairy products

### Zone 14: Vegetable and fruit zone



Zone 14 is located 40 km southeast of the capital city. This zone is unique in that it is located in the middle of the most depressed zone of the country (Zone 8), but has a microclimate which promotes the production of vegetables, fruit, basic grains and coffee.

The zone has a dry season from December to April, and a rainy season that starts in May and ends in November. The coffee cutting season is from January to May; in the rest of the country it takes place from October to February. Coffee cutters in the zone migrate to other zones during the months of October through December to cut coffee, and return in January to perform this work within the zone. This allows them to engage in this activity about 8 months a year, while the other 4 months are dedicated to the production of basic grains. Vegetable and fruit production takes place throughout the year.

The production of vegetables, fruit and coffee are the main labor markets within the zone. This is a dormitory zone for almost 10% of the population who travels daily to sell their labor at Zamorano International University (agriculture, livestock) and the capital (domestic work, construction, maquilas, office work). There is good access to markets for buying and selling food and non-food products due to its proximity to the capital city and Zamorano International University, to good roads and to the good public transport service to which most of the population has access. The presence of Guatemalan vegetables in the markets of Tegucigalpa and international coffee prices are hazards that have the most impact on livelihoods of most people in this zone.

#### Characterization of Food Security

Low risk

#### Sources of income

Labor  
Agriculture  
Livestock

#### Sources of food

Maize, Beans  
Vegetables,  
Cassava,  
Musaceous, Meat,  
Eggs, Milk and  
dairy products

**Zone 15: Coffee and basic grains**



Zone 15 is located 80 km east of the capital city; it includes the municipalities of the department of El Paraiso. Geography in this zone is mountainous with broadleaf pine and oak forests. The zone is highly productive and food secure, and has extensive valleys suitable for the farming of basic grains and livestock, and slopes ideal for coffee cultivation.

People from the southern area of Honduras and Nicaragua immigrate to this zone to work on coffee farms. There is migration of people from this zone to other zones, especially to Tegucigalpa and San Pedro Sula, where they sell their labor for construction, surveillance, domestic work and maquilas. Others migrate to the United States. This migratory movement causes a reduction in the workforce within the zone.

In general there is good access to markets (Danli), although the communities in the most remote areas of the zone have poor access to markets due to the lack of means of communication or the poor condition of roads. Drought is the hazard that most frequently affects the food security of families in the zone.

**Characterization of Food Security**

Low risk

**Sources of income**

Labor  
Agriculture  
Livestock  
Trade  
Remittances

**Sources of food**

Maize, Beans  
Meat, Eggs  
Milk and dairy products