

## DESCRIPTION OF REGULAR FOOD DISTRIBUTION DURING THE COVID-19 PANDEMIC AT dr. TJITROWARDOJO PURWOREJO

Adinda Wahyu Safitri<sup>1</sup>, Nur Hidayat<sup>2</sup>, Esthy Rahman Asih<sup>3</sup> <sup>1,2,3</sup>Jurusan Gizi  
Poltekkes Kemenkes Yogyakarta,  
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293  
email : [adindacaim345@gmail.com](mailto:adindacaim345@gmail.com)

### ABSTRACT

**Background.** The organization of hospital meals is a series of important activities that aim to provide quality food according to nutritional needs, safe, cost-effective, and acceptable to patients to achieve optimal nutritional status. Distribution is one of the factors supporting the success of food in hospitals and is still a serious problem. A good eating utensil washing process is the key to breaking the chain of the spread of covid 19. Food temperature monitoring has not been carried out using food temperature measuring devices, this is a problem related to food temperature monitoring.

**Objective.** Knowing the description of the distribution of ordinary food during the covid 19 pandemic at the dr. Tjitrowardojo Purworejo.

**Method.** This type of research is a descriptive observational research with a cross sectional research design. The object of research on food produced and processed by the hospital includes staple foods, animal dishes, vegetable and vegetable dishes. The research was conducted in January 2022.

**Results.** The method of distributing food is the centralized method. The types of food distributed are staple food, animal side dishes, vegetable side dishes and vegetables. The waiting time for food distribution is categorized as good because it is 4 hours. The infrastructure includes a food reception room, a food storage room, a processing room, a processing room and a washing room. As well as the facilities owned, namely equipment for processing, presentation and distribution. Serving in a warm and inappropriate temperature because 60°C is 87.5% while the appropriate food temperature is 12.5%. The average number of servings of leftovers is 3 and is as planned.

**Conclusion.** The method of distributing food is the centralized method. The types of food distributed are staple food, animal side dishes, vegetable side dishes and vegetables. The waiting time for food distribution is categorized as good because it is 4 hours. . The infrastructure includes a food reception room, a food storage room, a processing room, a processing room and a washing room. As well as the facilities owned, namely equipment for processing, presentation and distribution. The temperature of the food when served is less than 60°C by 87.5% while the appropriate food temperature is 12.5%. The rest of the food was as planned.

**Keywords.** Food distribution, Waiting time for food distribution, Temperature monitoring, washing cutlery.

**GAMBARAN DISTRIBUSI MAKANAN BIASA DI MASA PANDEMI  
COVID 19 PADA RSUD dr. TJITROWARDOJO PURWOREJO**

Adinda Wahyu Safitri<sup>1</sup>, Nur Hidayat<sup>2</sup>, Esthy Rahman Asih<sup>3 1,2,3</sup> Jurusan Gizi  
Poltekkes Kemenkes Yogyakarta,  
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293  
email : [adindacaim345@gmail.com](mailto:adindacaim345@gmail.com)

**ABSTRAK**

**Latar belakang.** Penyelenggaraan makanan rumah sakit merupakan serangkaian kegiatan penting yang bertujuan untuk menyediakan makanan yang berkualitas sesuai kebutuhan gizi, aman, biaya, dan dapat diterima pasien untuk mencapai status gizi yang optimal. Distribusi adalah salah satu faktor pendukung keberhasilan makanan di Rumah Sakit dan masih menjadi masalah serius. Proses pencucian alat makan yang baik merupakan kunci untuk memutus mata rantai penyebaran covid 19. Belum dilaksanakan pemantauan suhu makanan menggunakan alat ukur suhu makanan, hal ini merupakan masalah terkait pemantauan suhu makanan.

**Tujuan.** Mengetahui gambaran distribusi makanan biasa di masa pandemi covid 19 pada RSUD dr. Tjitrowardojo Purworejo.

**Metode.** Jenis Penelitian ini merupakan penelitian deskriptif observasional dengan desain penelitian cross sectional. Obyek penelitian makanan yang diproduksi dan diolah sendiri oleh rumah sakit meliputi makanan pokok, lauk hewani, lauk nabati dan sayur. Penelitian dilaksanakan pada Bulan Januari 2022.

**Hasil.** Metode pendistribusian makanan dengan metode sentralisasi. Jenis makanan yang didistribusikan yaitu makanan pokok, lauk hewani, lauk nabati dan sayur. Waktu tunggu distribusi makanan dikategorikan baik karena  $\leq 4$  jam. Prasarana meliputi ruang penerimaan bahan makanan, ruang penyimpanan bahan makanan, ruang pemorsian, ruang pengolahan dan ruang pencucian. Serta sarana yang dimiliki yaitu peralatan untuk pengolahan, penyajian dan pendistribusian. Penyajian dalam suhu hangat dan tidak sesuai karena  $\leq 60^{\circ}\text{C}$  sebesar 87,5% sedangkan suhu makanan yang sesuai yaitu 12,5%. Rata-rata jumlah porsi sisa makanan adalah 3 dan sudah sesuai dengan yang direncanakan.

**Kesimpulan.** Metode pendistribusian makanan dengan metode sentralisasi. Jenis makanan yang didistribusikan yaitu makanan pokok, lauk hewani, lauk nabati dan sayur. Waktu tunggu distribusi makanan dikategorikan baik karena  $\leq 4$  jam. Prasarana meliputi ruang penerimaan bahan makanan, ruang penyimpanan bahan makanan, ruang pemorsian, ruang pengolahan dan ruang pencucian. Serta sarana yang dimiliki yaitu peralatan untuk pengolahan, penyajian dan pendistribusian. Suhu makanan pada saat disajikan kurang dari  $60^{\circ}\text{C}$  sebesar 87,5% sedangkan suhu makanan yang sesuai yaitu 12,5%. Sisa makanan sudah sesuai dengan yang direncanakan.

**Kata Kunci.** Distribusi makanan, Waktu tunggu distribusi makanan, Pemantauan suhu, pencucian alat makan.