

## **GAMBARAN PENYIMPANAN BAHAN MAKANAN BASAH DI INSTALASI GIZI RUMAH SAKIT UMUM DAERAH WONOSARI**

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### **ABSTRAK**

**Latar Belakang.** Penyelenggaraan makanan Rumah Sakit adalah serangkaian kegiatan mulai dari perencanaan menu, perencanaan kebutuhan bahan makanan, perencanaan anggaran belanja, pengadaan bahan makanan, penerimaan dan penyimpanan, pengolahan bahan makanan, distribusi dan pencatatan, pelaporan serta evaluasi. Penyimpanan bahan makanan adalah suatu tata cara menata, menyimpan, memelihara, serta pencatatan dan pelaporan bahan makanan baik kualitas maupun kuantitas di gudang bahan makanan.

**Tujuan.** Mengetahui gambaran penyimpanan bahan makanan basah di Instalasi Gizi Rumah Sakit Umum Daerah Wonosari.

**Metode.** Penelitian ini merupakan penelitian observasional yang bersifat deskriptif dengan menggambarkan secara luas gambaran penyimpanan bahan makanan basah di Instalasi Gizi Rumah Sakit Umum Daerah Wonosari. Penelitian ini dilaksanakan pada bulan Maret 2021 dengan 3 kali pengamatan. Objek penelitian yaitu bahan makanan basah yang disimpan lebih dari 3 hari setelah bahan diterima.

**Hasil.** Mutu bahan makanan basah yang diamati di Instalasi Gizi Rumah Sakit Umum Daerah Wonosari telah sesuai dengan spesifikasi yang sudah ditetapkan, pada fasilitas penyimpanan terdapat beberapa peralatan yang tidak ada seperti *AC split* dan *insect killer* sehingga dapat dikatakan belum memenuhi standar Permenkes No.56 tahun 2014 dan PGRS 2013. Cara penyimpanan bahan makanan basah juga belum sesuai dengan standar Permenkes No.7 tahun 2019 dan PGRS 2013 karena suhu penyimpanan sayur dan buah yang tidak sesuai anjuran.

**Kesimpulan.** Penyimpanan bahan makanan basah secara keseluruhan dapat dikategorikan cukup baik seperti cara penyimpanan bahan makanan basah, fasilitas peralatan di ruang penyimpanan dan mutu bahan makanan basah yang disimpan. Saran dalam penelitian ini diharapkan pihak Instalasi dapat memperhatikan kelengkapan fasilitas ruang penyimpanan, selalu mengontrol suhu penyimpanan, dan mempertahankan mutu bahan makanan basah yang disimpan.

**Kata Kunci.** Penyimpanan bahan makanan, mutu bahan makanan, fasilitas ruang penyimpanan bahan makanan, cara penyimpanan bahan makanan.

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## DESCRIPTION OF STORAGE OF WET FOOD IN NUTRITIONAL INSTALLATION OF WONOSARI REGIONAL GENERAL HOSPITAL

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### ABSTRACT

**Background.** Hospital food management is a series of activities starting from menu planning, planning of food needs, budget planning, procurement of food items, reception and storage, cooking of food ingredients, distribution and recording, reporting and evaluation. Food storage is a procedure for organizing, storing, maintaining, and recording and reporting food ingredients both quality and quantity in the food storehouse.

**Objectives.** To identify the description of the storage of wet food ingredients in the Nutrition Installation of the Wonosari Regional General Hospital.

**Method.** This research is an observational research which is descriptive in nature by depicting a broad description of the storage of wet food in the Nutrition Installation of the Wonosari Regional General Hospital. This research was conducted in March 2021 with 3 observations. The object of the research is wet food ingredients that are stored more than 3 days after the material is received

**Results.** The quality of wet food ingredients observed in the Nutrition Installation of the Wonosari Regional General Hospital has been in accordance with the predetermined specifications, in storage facilities there are some equipment that are missing such as split air conditioners and insect killers so that it can be said that they have not met the standards of Permenkes No.56 of 2014 and PGRS 2013. How to store wet food ingredients is also not in accordance with the standards of Permenkes No.7 year 2019 and PGRS 2013 because the storage temperature of vegetables and fruit is not according to the recommendations.

**Conclusion.** The storage of wet food ingredients as a whole can be categorized as quite good, such as how to store wet food, equipment facilities in the storage room and the quality of wet food items stored. Suggestions in this research are expected that the installation can pay attention to the completeness of storage space facilities, always control the storage temperature, and maintain the quality of stored wet food.

**Keywords.** Storage of foodstuffs, quality of foodstuffs, storage facilities for foodstuffs, ways of storing foodstuffs.

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