

GAMBARAN PENYIMPANAN BAHAN MAKANAN BASAH DI RSUD PANEMBAHAN SENOPATI BANTUL

Mutiara Nur Aqilla Ramadhani¹, Noor Tifauzah², Rina Oktasari³

Jurusan Gizi Poltekkes Kemenkes Yogyakarta,

Jalan Tatabumi No.3 Banyuraden, Gamping, Sleman, D.I Yogyakarta,

(Email : mutiaraaqilla04@gmail.com)

ABSTRAK

Latar Belakang. Penyelenggaraan makanan rumah sakit adalah suatu rangkaian kegiatan mulai dari perencanaan menu, perencanaan kebutuhan bahan makanan, perencanaan anggaran belanja, pengadaan bahan makanan, penerimaan dan penyimpanan, pemasakan bahan makanan, distribusi dan pencatatan, pelaporan serta evaluasi. Penyimpanan bahan makanan adalah suatu tata cara menata, menyimpan, memelihara, serta pencatatan dan pelaporan bahan makanan kering maupun basah.

Tujuan. Mengetahui gambaran penyimpanan bahan makanan basah di instalasi gizi RSUD Panembahan Senopati.

Metode. Penelitian ini merupakan penelitian observasional yang bersifat deskriptif dengan menggambarkan secara luas gambaran penyimpanan bahan makanan basah di instalasi gizi RSUD Panembahan Senopati. Penelitian ini dilaksanakan pada bulan Januari 2022 dengan 3 kali pengamatan. Objek penelitian yaitu bahan makanan basah yang tersimpan selama dilakukan pengamatan.

Hasil. Cara penyimpanan bahan makanan basah di RSUD Panembahan Senopati tidak sesuai dengan spesifikasi yang telah ditetapkan (Permenkes No.7 Tahun 2019 dan PGGRS 2013) seperti suhu penyimpanan tidak sesuai, pengecekan suhu tidak dilakukan dua kali sehari, pembersihan lemari es tidak dilakukan setiap hari, pencairan es tidak dilakukan segera, dan tidak semua bahan makanan dibungkus menggunakan plastik/kertas timah. Fasilitas di ruang penyimpanan bahan makanan basah tidak terpenuhi jika dibandingkan dengan Permenkes No.56 Tahun 2014 dan PGGRS 2013 seperti tidak terdapat timbangan, tempat sampah, trolley barang, container bertutup, *cold room freezer*, *cold room chiller*, dan *insect killer*. Mutu bahan makanan basah milik catering gizi di instalasi gizi RSUD Panembahan Senopati seperti tempe kedelai plastik, wortel utuh, wortel potong dadu, tomat merah, jagung manis, jeruk nipis, daun seledri, kencur, kubis, tauge, cabai keriting merah, terong, dan paprika tidak baik karena tidak sesuai dengan spesifikasi bahan makanan yang telah ditentukan.

Kesimpulan. Penyimpanan bahan makanan basah secara keseluruhan dapat dikategorikan belum cukup baik seperti pada cara, fasilitas di ruang penyimpanan, dan mutu bahan makanan basah yang tersimpan. Saran dari penelitian ini bagi instalasi gizi untuk melengkapi fasilitas peralatan ruang penyimpanan bahan makanan basah.

Kata Kunci. Penyimpanan bahan makanan, fasilitas di ruang penyimpanan bahan makanan, cara penyimpanan bahan makanan.

¹: Mahasiswa Jurusan Gizi Poltekkes Kemenkes Yogyakarta

²: Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta

³:Dosen Jurusan Gizi Poltekkes Kemenkes Yogyarkarta

**DESCRIPTION OF STORAGE OF WET FOOD
IN NUTRITIONAL INSTALLATION OF
PANEMBAHAN SENOPATI REGIONAL GENERAL HOSPITAL**

Mutiara Nur Aqilla Ramadhani¹, Noor Tifaузah², Rina Oktasari³

Department of Nutrition Health Polytechnic Of Yogyakarta,
St. Tatabumi No.3 Banyuraden, Gamping, Sleman, D.I Yogyakarta, 55293
(Email : mutiaraaqilla04@gmail.com)

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 dry or wet food.

Objectives. To identify the description of the storage of wet food ingredients in the Nutrition Installation of the Panembahan Senopati 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 Panembahan Senopati Regional General Hospital. This research was conducted in January 2022 with 3 observations. The object of the research is wet food ingredients that are stored during observation.

Result. The storage method for wet food at the Panembahan Senopati Hospital is not in accordance with established specifications (Permenkes No. 7 of 2019 and PGGRS 2013) such as inappropriate storage temperature, temperature checks are not carried out twice a day, refrigerator cleaning is not carried out every day, thawing Ice is not done immediately, and not all food ingredients are wrapped in plastic/tin foil. Facilities in the wet food storage room are not met when compared to Permenkes No.56 of 2014 and PGGRS 2013 such as not having scales, trash cans, trolleys, closed containers, cold room freezers, cold room chillers, and insect killers. The quality of wet food ingredients belonging to nutritional catering in the nutritional installation of Panembahan Senopati Hospital, such as plastic soybean *tempe*, whole carrots, diced carrots, red tomatoes, sweet corn, lime, celery leaves, *kencur*, cabbage, bean sprouts, red curly chilies, eggplant, paprika is not good because it does not comply with the specifications of food ingredients that have been determined.

Conclusion. The storage of wet food ingredients as a whole can be categorized as not good enough as in the method, facilities in the storage room, and the quality of the stored wet food ingredients. Suggestions from this research for nutrition installations to complete wet food storage room equipment facilities.

Keyword. Storage of foodstuffs, facilities in the storage room for foodstuffs, ways of storing foodstuffs.

¹: Nutrition Department Student of Nutrition Health Polytechnic Yogyakarta

²: Lecturer Department of Nutrition Health Polytechnic Yogyakarta

³: Lecturer Department of Nutrition Health Polytechnic Yogyakarta