

DESCRIPTION OF SANITATION HYGIENE FEASIBILITY ON NON DIET FOOD IN NUTRITION INSTALLATION RST DR. SOEDJONO MAGELANG

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ABSTRACT

Safe and nutritious food is a primary need that must be fulfilled, especially in hospitals that provide meals for patients and staff. The results of the observation at the Nutrition Installation of RST dr. Soedjono Magelang show that there are still inconsistencies in the kitchen facilities and the behavior of the staff, such as open trash bins and incomplete use of personal protective equipment (PPE). Therefore, the application of Food Hygiene and Sanitation (HSM) principles becomes an important step in preventing these risks and ensuring that the food served is fit and safe for consumption.

The purpose of this research is to determine the feasibility of food hygiene and sanitation at the Nutrition Installation of RST dr. Soedjono Magelang.

The research method is observational with a cross-sectional study design. Data collection was conducted on February 3-4, 2025 with 1 interview with the head of the nutrition unit and 3 cooks, and observations were conducted 2 times based on 13 components of food hygiene sanitation suitability tests applied at the Nutrition Installation of RST dr. Soedjono Magelang, with assessment using the food service hygiene sanitation feasibility test form according to the Regulation of the Minister of Health of the Republic of Indonesia No.1096/Menkes/Per/VI/2011.

Based on the research results, the fulfilled assessment aspects was 82.5%, while 17.5% were not fulfilled. The total score for the food hygiene and sanitation feasibility assessment at the Nutrition Installation of RST dr. Soedjono Magelang was 84, indicating that the hygiene and sanitation criteria are categorized as feasible because they exceed the minimum required score of 83.

It can be concluded that the criteria for the feasibility of food hygiene and sanitation at the Nutrition Installation of RST dr. Soedjono Magelang are included in the category of feasibility, because they have exceeded the minimum score of 83.

Keywords: Food sanitation hygiene, Food sanitation hygiene feasibility score, Food sanitation hygiene criteria

GAMBARAN KELAIKAN HIGIENE SANITASI PADA MAKANAN DIET BIASA DI INSTALASI GIZI RST DR. SOEDJONO MAGELANG

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ABSTRAK

Makanan yang aman dan bergizi merupakan kebutuhan utama yang harus dipenuhi, terutama di rumah sakit yang menyelenggarakan makanan untuk pasien dan karyawan. Hasil observasi di Instalasi Gizi RST dr. Soedjono Magelang menunjukkan masih adanya ketidaksesuaian pada fasilitas dapur dan perilaku petugas, seperti tempat sampah terbuka dan penggunaan APD yang tidak lengkap. Oleh karena itu, penerapan prinsip Higiene dan Sanitasi Makanan (HSM) menjadi langkah penting dalam mencegah risiko kontaminasi dan memastikan makanan yang disajikan layak serta aman dikonsumsi.

Tujuan penelitian ini adalah untuk mengetahui kelaikan higiene sanitasi makanan di Instalasi Gizi RST dr. Soedjono Magelang.

Metode penelitian ini yaitu observasional dengan desain penelitian *cross sectional*. Pengumpulan data dilakukan pada tanggal 3-4 Februari 2025 dengan 1x wawancara bersama kepala unit gizi dan 3 orang pemasak, serta dilakukan pengamatan sebanyak 2x ditinjau dari 13 komponen uji kelaikan higiene sanitasi makanan yang diterapkan di Instalasi Gizi RST dr. Soedjono Magelang dengan penilaian menggunakan formulir uji kelaikan higiene sanitasi jasaboga menurut Peraturan Menteri Kesehatan RI No. 1096/Menkes/Per/VI/2011.

Berdasarkan hasil penelitian, aspek penilaian kelaikan higiene sanitasi makanan yang terpenuhi yaitu sebesar 82,5%, sedangkan 17,5% belum terpenuhi. Total skor penilaian kelaikan higiene sanitasi makanan di Instalasi Gizi RST dr. Soedjono Magelang yaitu sebesar 84.

Dapat disimpulkan bahwa kriteria kelaikan higiene sanitasi makanan di Instalasi Instalasi Gizi RST dr. Soedjono Magelang termasuk dalam kategori laik, karena sudah melampaui skor minimal yaitu 83.

Kata Kunci: Higiene sanitasi makanan, Skor kelaikan higiene sanitasi makanan, kriteria higiene sanitasi makanan