

## ***OVERVIEW OF ANIMAL SIDE DISH FOOD STORAGE IN THE NUTRITION***

### ***INSTALLATION OF RSPAU dr. SUHARDI HARDJOLUKITO HOSPITAL***

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#### **ABSTRACT**

**Background:** The storage of animal-based food ingredients is an important stage in the preparation of food in hospitals to maintain food quality and safety. The adequacy of food storage facilities for animal-based ingredients affects food quality, so it is important to ensure the adequacy of food storage facilities.

**Objective:** To determine the current state of animal-based food storage, including storage procedures, food quality, and storage facility adequacy.

**Method:** This study is a descriptive observational study with a cross-sectional approach. Data collection was conducted through direct observation, interviews, and temperature measurements on January 13–15, 2025, at the Nutrition Unit of RSPAU Dr. S. Hardjolukito. The study subjects were meat, chicken, eggs, and their processed products.

**Results:** The storage of animal-based food items (chicken meat, sausages, beef meatballs, tilapia fillets, and eggs) generally met the standards set by Ministry of Health Regulation No. 78 of 2013; however, the frequency of opening the refrigerator was too high, affecting temperature stability. The quality of animal-based food ingredients was good based on color, odor, texture, and freshness parameters, except for egg storage, whose temperature did not meet the standard (2.1–4.2°C; should be 5–7°C). Storage facilities were adequate according to Ministry of Health Regulation No. 56 of 2014, but a four-door chiller was not available.

**Conclusion:** The storage of animal-based side dishes at the Nutrition Unit of RSPAU Dr. Suhardi Hardjolukito is not in accordance with Ministry of Health Regulation No. 78 of 2013, and the facilities do not meet the standards set forth in Ministry of Health Regulation No. 56 of 2014.

**Keywords:** Food storage, animal-based side dishes, food quality, storage facilities, hospital.

**GAMBARAN PENYIMPANAN BAHAN MAKANAN LAUK  
HEWANI DI INSTALASI GIZI RSPAU dr. SUHARDI HARDJOLUKITO**

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**ABSTRAK**

**Latar belakang:** Penyimpanan bahan makanan lauk hewani merupakan tahap penting dalam penyelenggaraan makanan di rumah sakit untuk menjaga kualitas dan keamanan pangan. Kelengkapan fasilitas ruang penyimpanan makanan lauk hewani berpengaruh pada mutu bahan pangan, sehingga pentingnya untuk kelengkapan fasilitas ruang penyimpanan.

**Tujuan:** Untuk mengetahui gambaran penyimpanan bahan makanan lauk hewani yang meliputi tata cara penyimpanan, mutu bahan makanan, dan fasilitas ruang penyimpanan.

**Metode:** Jenis penelitian ini adalah deskriptif observasional dengan pendekatan *cross-sectional*. Pengumpulan data dilakukan melalui observasi langsung, wawancara, dan pengukuran suhu pada tanggal 13–15 Januari 2025 di Instalasi Gizi RSPAU dr. S. Hardjolukito. Obyek yang diteliti yaitu daging, ayam, dan telur dan olahannya.

**Hasil:** Penyimpanan bahan lauk hewani (daging ayam, sosis, bakso sapi, ikan nila fillet, dan telur) secara umum telah memenuhi standar Permenkes No. 78 Tahun 2013, namun pada aspek frekuensi pembukaan lemari pendingin yang terlalu sering sehingga memengaruhi stabilitas suhu. Mutu bahan makanan lauk hewani tergolong baik berdasarkan parameter warna, bau, tekstur, dan kesegaran, kecuali penyimpanan telur yang suhunya belum sesuai standar (2,1–4,2°C; seharusnya 5–7°C). Fasilitas penyimpanan telah memadai sesuai Permenkes No. 56 Tahun 2014, namun belum tersedia *chiller* 4 pintu.

**Kesimpulan:** Penyimpanan bahan lauk hewani di Instalasi Gizi RSPAU dr. Suhardi Hardjolukito kurang sesuai dengan Permenkes No. 78 tahun 2013 dan fasilitas belum terpenuhi berdasarkan standar Permenkes No. 56 tahun 2014.

**Kata kunci:** Penyimpanan bahan makanan, lauk hewani, mutu pangan, fasilitas penyimpanan, rumah sakit.