

## DESCRIPTION OF DRY FOOD STORAGE IN THE NUTRITION INSTALLATION OF PKU MUHAMMADIYAH BANTUL GENERAL HOSPITAL

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### ABSTRACT

**Background:** The storage of dry food ingredients is one of the important stages in the provision of food in hospitals. Inadequate storage processes for dry food can accelerate spoilage, pose a risk of microbial growth, and result in a decline in food quality as well as contamination. Therefore, monitoring the storage of dry food ingredients is necessary to protect against contamination, maintain the quality and safety of food ingredients in the hospital's nutrition installation.

**Objective:** To understand the storage practices of dry food items in the Nutrition Installation of PKU Muhammadiyah Bantul General Hospital.

**Method:** This research is a descriptive observational study with a cross-sectional design. The study was conducted from January to March 2026 in the Nutrition Installation of PKU Muhammadiyah Bantul General Hospital.

**Results:** The Nutrition Installation of PKU Muhammadiyah Bantul General Hospital has Standard Operating Procedures (SOPs) in place. The storage conditions for dry food items were compliant at 90.9% and categorized as compliant based on PGRS 2013 ( $\geq 75\%$ ). The temperature of the dry food storage room averages at 23.5°C. The availability of equipment facilities in the storage room meets 80% of the required facilities. Dry food storage is implemented using the First In First Out (FIFO) and First Expired First Out (FEFO) methods.

**Conclusion:** The dry food storage at the Nutrition Installation of PKU Muhammadiyah Bantul General Hospital has Standard Operating Procedures (SOP), meets most of the storage requirements, and applies the FIFO and FEFO systems. However, the storage room temperature and the availability of equipment facilities do not yet meet the PGRS standards, so improvements are needed to ensure the quality and safety of the food.

**Keywords:** *FEFO, FIFO, dry food storage, temperature, SOP*

# GAMBARAN PENYIMPANAN BAHAN MAKANAN KERING DI INSTALASI GIZI RUMAH SAKIT UMUM PKU MUHAMMADIYAH BANTUL

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## ABSTRAK

**Latar Belakang:** Penyimpanan bahan makanan kering merupakan salah satu tahap penting dalam penyelenggaraan makanan di rumah sakit. Ketidaksesuaian proses penyimpanan bahan makanan kering dapat mempercepat kerusakan, berisiko terhadap pertumbuhan mikroba, dan dapat mengakibatkan penurunan mutu bahan makanan serta kontaminasi. Oleh karena itu, diperlukan pemantauan pada penyimpanan bahan makanan kering guna melindungi dari kontaminasi, menjaga kualitas dan keamanan bahan makanan di instalasi gizi rumah sakit.

**Tujuan:** Mengetahui gambaran penyimpanan bahan makanan kering di Instalasi Gizi Rumah Sakit Umum PKU Muhammadiyah Bantul.

**Metode:** Penelitian ini merupakan penelitian deskriptif observasional dengan desain *cross sectional*. Penelitian dilaksanakan pada bulan Januari – Maret 2026 di Instalasi Gizi Rumah Sakit Umum PKU Muhammadiyah Bantul.

**Hasil:** Instalasi Gizi Rumah Sakit Umum PKU Muhammadiyah Bantul telah memiliki Standar Operasional Prosedur (SOP). Syarat-syarat penyimpanan bahan makanan kering sesuai sebesar 90,9% dan dikategorikan sesuai berdasarkan PGRS 2013 ( $\geq 75\%$ ). Suhu ruang penyimpanan bahan makanan kering berada rata – rata pada angka 23,5°C. Ketersediaan fasilitas peralatan di ruang penyimpanan sesuai 80% dari persyaratan fasilitas yang harus tersedia. Diterapkan penyimpanan bahan makanan kering dengan metode *First In First Out* (FIFO) dan *First Expired First Out* (FEFO).

**Kesimpulan:** Penyimpanan bahan makanan kering di Instalasi Gizi Rumah Sakit Umum PKU Muhammadiyah Bantul telah memiliki SOP, telah memenuhi sebagian besar persyaratan penyimpanan, serta menerapkan sistem FIFO dan FEFO. Namun, suhu ruang penyimpanan dan ketersediaan fasilitas peralatan masih belum sesuai dengan standar yang PGRS sehingga perlu dilakukan perbaikan untuk menjamin mutu dan keamanan bahan makanan.

**Kata Kunci:** FEFO, FIFO, penyimpanan bahan makanan kering, suhu, SOP