

EVALUATION OF FOOD TEMPERATURE AND DISTRIBUTION TIME AT RSUD MERAH PUTIH MAGELANG

Euodia Yowan Dwi Andita¹, Waluyo², Esthy Rahman Asih³
^{1,2,3} Department of Nutrition Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : euodiayowan@gmail.com

ABSTRACT

Background: Hospital food service is a series of activities aimed at providing safe, nutritious, and standardized meals to support patients' recovery. Food distribution is a crucial final stage that directly affects the temperature and timeliness of meal delivery to patients. Temperatures below the minimum standard of 60°C create a risk of pathogenic bacterial growth, while delayed distribution can reduce food quality and compromise patients' nutritional intake. RSUD Merah Putih Magelang, a type-C regional hospital with a 200-bed capacity, lacks evaluation data of food distribution temperature and time, making this study essential.

Objective: To evaluate the suitability of food serving temperatures and distribution times for patients at RSUD Merah Putih Magelang.

Methods: This study used a descriptive observational approach with a cross-sectional design. Data were collected through direct observation at the Nutrition Installation of RSUD Merah Putih Magelang from January 19–21, 2026, with 10 plate samples taken at each mealtime (breakfast, lunch, and dinner) over 3 days within one menu cycle. Food temperature was measured using a digital infrared thermometer, and distribution time was recorded with a stopwatch.

Results: All food components (staple foods, animal side dishes, vegetable side dishes, and vegetables) were served at temperatures below the minimum standard of $\geq 60^{\circ}\text{C}$. The average temperature of staple foods ranged from 36.39–44.02°C, animal side dishes 32.24–50.83°C, vegetable side dishes 32.35–40.27°C, and vegetables 32.76–51.76°C. The decrease in temperature was mainly caused by the unavailability of heating equipment in the portioning area, the use of distribution trolleys without heaters, and holding times exceeding 30 minutes. Distribution time was generally quite good (66.75% according to schedule), but there were still discrepancies, especially at the afternoon meal time (33.3% did not comply).

Conclusion: The temperature of food at the RSUD Merah Putih Magelang has not met the standards by Permenkes RI No.78 of 2013. While the time of food distribution has not met the SOP of the RSUD Merah Putih Magelang, especially during the afternoon meal.

Keywords: *distribution time, food distribution, hospital, RSUD Merah Putih Magelang, serving temperature*

EVALUASI SUHU DAN WAKTU DISTRIBUSI MAKANAN DI RSUD MERAH PUTIH MAGELANG

Euodia Yowan Dwi Andita¹, Waluyo², Esthy Rahman Asih³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : euodiayowan@gmail.com

ABSTRAK

Latar Belakang: Penyelenggaraan makanan di rumah sakit merupakan rangkaian kegiatan yang bertujuan menyediakan makanan yang aman, bergizi, dan sesuai standar untuk mendukung proses penyembuhan pasien. Distribusi makanan adalah tahap akhir yang krusial karena berdampak langsung pada suhu dan ketepatan waktu penyajian makanan kepada pasien. Suhu yang tidak sesuai standar ($<60^{\circ}\text{C}$) berpotensi menjadi media pertumbuhan bakteri patogen, sedangkan keterlambatan distribusi dapat menurunkan kualitas makanan dan asupan gizi pasien. RSUD Merah Putih Magelang sebagai rumah sakit tipe C dengan kapasitas 200 tempat tidur belum memiliki data evaluasi suhu dan waktu distribusi makanan, sehingga penelitian ini penting dilakukan.

Tujuan: Mengetahui suhu makanan yang disajikan dan waktu distribusi makanan pasien di RSUD Merah Putih Magelang.

Metode: Penelitian ini menggunakan pendekatan observasional deskriptif dengan desain cross-sectional. Data dikumpulkan melalui observasi langsung di Instalasi Gizi RSUD Merah Putih Magelang pada 19–21 Januari 2026, dengan pengambilan 10 sampel plato pada setiap waktu makan (pagi, siang, dan malam) selama 3 hari dalam 1 siklus menu. Pengukuran suhu menggunakan termometer digital inframerah, sedangkan waktu distribusi dicatat menggunakan alat pengukur waktu.

Hasil: Seluruh komponen makanan (makanan pokok, lauk hewani, lauk nabati, dan sayuran) disajikan dengan suhu di bawah standar minimal $\geq 60^{\circ}\text{C}$. Rata-rata suhu makanan pokok berkisar antara $36,39\text{--}44,02^{\circ}\text{C}$, lauk hewani $32,24\text{--}50,83^{\circ}\text{C}$, lauk nabati $32,35\text{--}40,27^{\circ}\text{C}$, dan sayuran $32,76\text{--}51,76^{\circ}\text{C}$. Penurunan suhu terutama disebabkan oleh tidak tersedianya alat penghangat di area pemorsian, penggunaan troli distribusi tanpa pemanas, serta holding time yang melebihi 30 menit. waktu distribusi secara umum cukup baik (66,75% sesuai jadwal), namun masih ditemukan ketidaksesuaian terutama pada waktu makan sore (33,3% tidak sesuai).

Kesimpulan: Suhu makanan di RSUD Merah Putih Magelang belum memenuhi standar Permenkes RI No. 78 Tahun 2013. Sementara waktu distribusi makanan belum memenuhi SPO RSUD Merah Putih, khususnya pada waktu makan sore.

Kata kunci: *distribusi makanan, rumah sakit, RSUD Merah Putih Magelang, suhu penyajian, waktu distribusi.*