

OVERVIEW OF DRY FOOD STORAGE AT THE NUTRITION UNIT OF R.A.A. TJOKRONEGORO GENERAL HOSPITAL, PURWOREJO REGENCY

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ABSTRACT

Background: Food storage is a critical step in hospital food service operations. Proper storage can maintain the quality, safety, and availability of food ingredients so that they remain suitable for use in patient meal preparation.

Objective: To determine the status of dry food ingredient storage at the Nutrition Unit of R.A.A. Tjokronegoro General Hospital, Purworejo Regency, including the types of food ingredients, facilities, storage systems, and the physical quality of dry food ingredients.

Methods: A descriptive observational study with a *cross-sectional* design was conducted on January 19, January 26, and February 2, 2026, at the Nutrition Unit of R.A.A. Tjokronegoro Regional General Hospital in Purworejo Regency. Data were collected through observation, documentation, and interviews using a *checklist form*.

Results: Dry food ingredients are categorized into 8 groups and are in line with food service requirements. Four out of the 12 required storage facilities are available, representing a compliance rate of 33.33% based on Ministry of Health Regulation No. 56 of 2014. The storage system meets all components with a 100% compliance rate, including the implementation of *FIFO* and *FEFO*, ingredient grouping, stock card recording, as well as pest control and warehouse cleanliness. The physical quality of the five dry food items observed—fine salt, mushroom broth, palm sugar, mung beans, and rice flour—over a three-week period showed a 100% compliance rate, with good physical condition: not damp, not moldy, free of pests, undamaged packaging, and still within a safe expiration period.

Conclusion: The types of dry food ingredients are suitable for food service needs. The storage facilities do not yet fully meet established standards. The storage system is functioning well. The physical quality of the dry food ingredients during storage is in good condition and suitable for use.

Keywords: dry food ingredients, storage facilities, nutrition facility, physical quality, storage system

GAMBARAN PENYIMPANAN BAHAN MAKANAN KERING DI INSTALASI GIZI RSUD R.A.A TJOKRONEGORO KABUPATEN PURWOREJO

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ABSTRAK

Latar belakang: Penyimpanan bahan makanan merupakan tahapan penting dalam penyelenggaraan makanan rumah sakit. Penyimpanan yang sesuai standar dapat menjaga mutu, keamanan, dan ketersediaan bahan makanan agar tetap layak digunakan dalam pengolahan makanan pasien.

Tujuan: Mengetahui gambaran penyimpanan bahan makanan kering di Instalasi Gizi RSUD R.A.A Tjokronegoro Kabupaten Purworejo meliputi jenis bahan makanan, fasilitas, sistem penyimpanan, dan mutu fisik bahan makanan kering.

Metode: Penelitian observasional deskriptif dengan desain *cross-sectional*, dilaksanakan pada 19 Januari, 26 Januari, dan 2 Februari 2026 di Instalasi Gizi RSUD R.A.A Tjokronegoro Kabupaten Purworejo. Data dikumpulkan melalui observasi, pencatatan, dan wawancara menggunakan *form checklist*.

Hasil: Bahan makanan kering dikelompokkan ke dalam 8 golongan dan telah sesuai kebutuhan penyelenggaraan makanan. Fasilitas penyimpanan tersedia 4 dari 12 yang dipersyaratkan dengan tingkat kesesuaian 33,33% berdasarkan Permenkes No. 56 Tahun 2014. Sistem penyimpanan memenuhi seluruh komponen dengan tingkat kesesuaian 100%, mencakup penerapan *FIFO* dan *FEFO*, pengelompokan bahan, pencatatan kartu stok, serta pengendalian hama dan kebersihan gudang. Mutu fisik lima bahan makanan kering yang diamati yaitu garam halus, kaldu jamur, gula aren, kacang hijau, dan tepung beras selama tiga minggu menunjukkan tingkat kesesuaian 100% dengan kondisi fisik baik, tidak lembap, tidak berjamur, tidak berketu, kemasan tidak rusak, dan masih dalam masa kadaluarsa yang aman.

Kesimpulan : Jenis bahan makanan kering sudah sesuai kebutuhan penyelenggaraan makanan. Fasilitas penyimpanan belum sepenuhnya memenuhi standar yang ditetapkan. Sistem penyimpanan sudah berjalan dengan baik. Mutu fisik bahan makanan kering selama masa penyimpanan dalam kondisi baik dan layak digunakan.

Kata Kunci : bahan makanan kering, fasilitas penyimpanan, instalasi gizi, mutu fisik, sistem penyimpanan