

**DESCRIPTION OF RECEIVING VEGETABLE AND FRUIT VEGETABLE
AND FRUIT BASED FOOD AT NUTRITION INSTALLATION RUMAH
SAKIT AKADEMIK UNIVERSITAS GADJAH MADA**

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ABSTRACT

Background: Food receiving is an essential stage in hospital food service that ensures the food items received comply with the established specifications, quantity, and schedule. Vegetables and fruits are perishable food items that are prone to quality deterioration if the receiving process does not meet the required standards.

Objectives: To describe the compliance of receiving time and specifications for vegetable and fruit food items at the Nutrition Installation of RSA UGM.

Method: This was a descriptive observational study using a cross-sectional approach. Direct observations were conducted over six days, representing half of a menu cycle, with leafy vegetables and all types of fruit received during the observation period as the research objects.

Result: The compliance rate for receiving time was 100% for vegetables and 93% for fruits, while the compliance rate for specifications was 100% for vegetables and only 74% for fruits, with 26% of fruit items not meeting the specifications, particularly in terms of weight and quantity per package.

Conclusion: Vegetable receiving at the Nutrition Installation of RSA UGM has met the established standards, whereas fruit receiving still requires stricter supervision, especially regarding quantitative specification criteria.

Keywords: Food receiving, vegetables, fruits, specification, receiving time

GAMBARAN PENERIMAAN BAHAN MAKANAN SAYUR DAN BUAH DI INSTALASI GIZI RUMAH SAKIT UNIVERSITAS GADJAH MADA

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ABSTRAK

Latar Belakang: Penerimaan bahan makanan merupakan tahapan penting dalam penyelenggaraan makanan rumah sakit yang berfungsi memastikan bahan makanan yang diterima sesuai dengan spesifikasi, jumlah, dan waktu yang telah ditetapkan. Sayur dan buah merupakan bahan makanan basah yang mudah mengalami penurunan mutu apabila proses penerimaannya tidak sesuai standar.

Tujuan: Mengetahui gambaran penerimaan bahan makanan sayur dan buah di Instalasi Gizi RSA UGM berdasarkan kesesuaian waktu dan kesesuaian spesifikasi.

Metode: Jenis penelitian ini adalah observasional deskriptif dengan pendekatan cross-sectional. Pengamatan dilakukan secara langsung selama enam hari atau setengah siklus menu, dengan objek penelitian berupa bahan makanan sayur jenis daun dan seluruh jenis buah yang diterima.

Hasil: Kesesuaian waktu penerimaan bahan makanan sayur mencapai 100% dan buah sebesar 93%, sedangkan kesesuaian spesifikasi bahan makanan sayur mencapai 100% dan buah masih terdapat 26% yang tidak sesuai spesifikasi, terutama pada aspek berat dan jumlah buah per kemasan.

Kesimpulan: Penerimaan bahan makanan sayur di Instalasi Gizi RSA UGM telah berjalan sesuai standar, sedangkan penerimaan bahan makanan buah masih memerlukan pengawasan lebih ketat, khususnya pada aspek spesifikasi kuantitatif.

Kata Kunci: Penerimaan bahan makanan, sayur, buah, spesifikasi, waktu penerimaan