

GAMBARAN PENYIMPANAN BAHAN MAKANAN BASAH DI INSTALASI GIZI RSUD WATES

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ABSTRAK

Latar Belakang: Penyimpanan bahan makanan basah merupakan salah satu tahapan penting dalam penyelenggaraan makanan rumah sakit yang berperan dalam menjaga mutu, keamanan, dan ketersediaan bahan makanan. Penyimpanan yang tidak sesuai dapat menyebabkan penurunan mutu dan risiko kontaminasi.

Tujuan: Mengetahui jenis bahan makanan basah, fasilitas penyimpanan, sistem penyimpanan, dan mutu bahan makanan basah di Instalasi Gizi RSUD Wates.

Metode: Penelitian deskriptif observasional dengan pengumpulan data melalui observasi menggunakan checklist dan lembar pengamatan. Data dianalisis secara deskriptif dan disajikan dalam bentuk tabel serta narasi.

Hasil Penelitian: Bahan makanan basah yang disimpan meliputi lauk hewani, lauk nabati, sayuran, dan buah-buahan. Fasilitas penyimpanan termasuk kategori sesuai karena tersedia dan berfungsi dengan baik. Sistem penyimpanan termasuk kategori tidak sesuai karena masih ditemukan bahan makanan yang belum dipisahkan sesuai jenisnya dan belum disimpan dalam wadah tertutup. Sebagian besar bahan makanan memiliki mutu baik berdasarkan bentuk, warna, aroma, tekstur, dan kesegaran.

Kesimpulan: Jenis bahan makanan basah yang disimpan di Instalasi Gizi RSUD Wates terdiri dari lauk hewani, lauk nabati, sayuran, dan buah-buahan. Fasilitas penyimpanan bahan makanan basah termasuk kategori sesuai, sedangkan sistem penyimpanan termasuk kategori tidak sesuai. Mutu bahan makanan basah yang disimpan secara umum berada dalam kategori baik selama periode pengamatan.

Kata Kunci: penyimpanan bahan makanan basah, jenis makanan basah, fasilitas penyimpanan, sistem penyimpanan, mutu bahan makanan, instalasi gizi.

OVERVIEW OF WET FOOD STORAGE IN THE NUTRITION INSTALLATION OF WATES REGIONAL HOSPITAL

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ABSTRACT

Background: Storage of perishable food ingredients is essential to maintain food quality, safety, and availability in hospital foodservice management. Inappropriate storage may cause quality deterioration and contamination.

Objective: To identify the types, storage facilities, storage systems, and quality of perishable food ingredients at the Nutrition Installation of RSUD Wates.

Methods: This descriptive observational study collected data through observations using checklists and observation forms. Data were analyzed descriptively and presented in tables and narrative form.

Results: Perishable food ingredients included animal-based side dishes, plant-based side dishes, vegetables, and fruits. Storage facilities were categorized as appropriate because all equipment was available and functioning properly. However, the storage system was categorized as inappropriate due to improper separation of food ingredients and inadequate use of closed food-grade containers. Most food ingredients maintained good quality based on shape, color, aroma, texture, and freshness.

Conclusion: Storage facilities were appropriate, while the storage system was inappropriate. Nevertheless, the quality of most perishable food ingredients remained good throughout the observation period.

Keywords: perishable food ingredients, storage facilities, storage system, food quality, nutrition installation.