

MONITORING THE HOLDING TIME OF NON-DIET LUNCH MEALS IN NYI AGENG SERANG HOSPITAL

Aryuni Yuzizati Yuhana¹, Setyowati², Esthy Rahman Asih³

^{1,2,3} Department of Nutrition Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : aryuniyuzizati12@gmail.com

ABSTRACT

Background: Hospital nutrition services play an important role in supporting the patient recovery process. One aspect that affects the quality of food service is holding time, which refers to the period between the completion of food preparation and its distribution to patients. Excessive holding time may lead to a decrease in food temperature, deterioration of organoleptic quality, and an increased risk of microbial growth.

Objective: To determine the distribution system, cooking completion time, food temperature at completion, holding time, and timeliness of lunch distribution for non-therapeutic diets at Nyi Ageng Serang Regional General Hospital.

Methods: This study was a descriptive observational study with a cross-sectional design. The object of the study was non-therapeutic lunch menus observed over three consecutive days, from February 5 to February 7, 2026.

Results: The results showed that the food distribution system implemented at Nyi Ageng Serang Regional General Hospital was a centralized distribution system. The time required from food preparation to completion of cooking ranged from 87 to 125 minutes. The temperatures of all cooked menu items ranged from 74.1°C to 96.6°C, meeting the food safety standard of $\geq 60^\circ\text{C}$. The average food holding times on the first, second, and third days were 96 minutes, 84 minutes, and 94 minutes, respectively. All holding times remained within the safe limit of less than 240 minutes (4 hours). The timeliness of lunch distribution also complied with the hospital's Standard Operating Procedure (SOP), which specifies distribution between 11:30 a.m. and 12:00 p.m.

Conclusion: The distribution of non-therapeutic lunch menus at Nyi Ageng Serang Regional General Hospital has been implemented effectively. The distribution system, food temperature, holding time, and timeliness of distribution met the established standards, thereby supporting the quality of nutrition services and food safety for patients.

Keywords: food holding time, food distribution, food temperature, hospital nutrition services.

PEMANTAUAN WAKTU TUNGGU (HOLDING TIME) MENU MAKAN SIANG NON DIET DI RUMAH SAKIT UMUM DAERAH NYI AGENG SERANG

Aryuni Yuzizati Yuhana¹, Setyowati², Esthy Rahman Asih³

^{1,2,3} Department of Nutrition Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : aryuniyuzizati12@gmail.com

ABSTRAK

Latar Belakang: Pelayanan gizi rumah sakit merupakan bagian penting dalam menunjang proses penyembuhan pasien. Salah satu aspek yang memengaruhi mutu pelayanan makanan adalah waktu tunggu (*holding time*), yaitu rentang waktu antara makanan selesai diolah hingga didistribusikan kepada pasien. Waktu tunggu yang terlalu lama dapat menyebabkan penurunan suhu makanan, menurunkan kualitas organoleptik, serta meningkatkan risiko pertumbuhan mikroorganisme.

Tujuan: mengetahui system distribusi, waktu matang, suhu matang, waktu tunggu (*holding time*), dan ketepatan waktu distribusi menu makan siang non diet di RSUD Nyi Ageng Serang.

Metode: Penelitian ini merupakan penelitian observasional deskriptif dengan desain *cross sectional*. Objek penelitian adalah menu makan siang non diet yang diamati selama tiga hari berturut-turut pada tanggal 5-7 Februari 2026.

Hasil: Hasil penelitian menunjukkan bahwa sistem distribusi makanan yang diterapkan di RSUD Nyi Ageng Serang adalah sistem sentralisasi. Waktu pengolahan hingga makanan matang berkisar antara 87-125 menit. Suhu makanan matang seluruh menu berada pada rentang suhu 74,1°C-96,6°C sehingga memenuhi standar keamanan pangan ($\geq 60^\circ\text{C}$). Rata-rata waktu tunggu makanan pada hari pertama, kedua, dan ketiga berturut-turut adalah 96 menit, 84 menit, dan 94 menit. Seluruh waktu tunggu masih berada dalam batas aman yaitu kurang dari 240 menit (4 jam). Ketepatan waktu distribusi makan siang juga sesuai dengan Standar Prosedur Operasional (SPO) distribusi makanan rumah sakit, yaitu pada rentang pukul 11.30-12.00 WIB.

Kesimpulan: Penyelenggaraan distribusi menu makan siang non diet di RSUD Nyi Ageng Serang telah berjalan dengan baik. Sistem distribusi, suhu makanan, waktu tunggu (*holding time*), dan ketepatan waktu distribusi telah memenuhi standar yang ditetapkan sehingga mendukung mutu pelayanan gizi dan keamanan pangan bagi pasien.

Kata kunci: Waktu tunggu makanan, distribusi makanan, suhu makanan, pelayanan gizi rumah sakit.