

ABSTRAK

SHINDI LUWINA. Gambaran Penyimpanan Bahan Pangan Hewani di Instalasi Gizi RSUD Lubuk Basung. Dibimbing oleh Yessi Marlina, S.Gz, M.P.H.

Penyimpanan makanan merupakan fase krusial dalam pengelolaan makanan. Secara khusus, makanan hewani memiliki masa simpan yang lebih pendek dibandingkan dengan makanan nabati saat masih segar. Oleh karena itu, penerapan strategi penyimpanan yang tepat akan sangat mempengaruhi kualitas dan keamanan makanan yang akan diolah. Tujuan penelitian ini untuk dapat menggambarkan penyimpanan bahan pangan hewani di instalasi gizi RSUD Lubuk Basung. Penelitian ini merupakan penelitian deskriptif dengan desain penelitian *cross sectional*. Teknik pengumpulan data yang digunakan adalah observasi dan wawancara. Hasil penelitian suhu penyimpanan daging sapi, ayam, dan ikan disimpan pada suhu $-13,5^{\circ}\text{C}$ – $18,5^{\circ}\text{C}$, sementara telur ayam disimpan pada suhu $27,4^{\circ}\text{C}$ – 28°C , sehingga dikatakan tidak sesuai Standar Nasional Indonesia tahun 2008 tentang telur konsumsi. Pada lama penyimpanan rata-rata semua bahan pangan hewani disimpan dalam waktu 3 hari. Tempat penyimpanan daging sapi, ayam, dan ikan disimpan dalam *cold storage*, sementara telur ayam disimpan pada *dry storage*. Mutu daging sapi, ayam, ikan, dan telur ayam tergolong baik berdasarkan karakteristik bahan pangan. Penanganan sebelum penyimpanan daging sapi, ayam, dan ikan telah dilakukan sesuai dengan ketentuan. Namun, penanganan sebelum penyimpanan telur ayam belum sesuai, dan proses thawing yang dilakukan di RSUD Lubuk Basung belum dilakukan dengan benar. Diharapkan kepada pihak instalasi gizi RSUD Lubuk Basung untuk meninjau ulang suhu penyimpanan dan proses thawing pangan beku yang dilakukan.

Kata Kunci : penyimpanan bahan pangan hewani, suhu penyimpanan, tempat penyimpanan, lama penyimpanan, mutu penyimpanan

ABSTRACT

SHINDI LUWINA. Overview of Animal Food Storage in the Nutrition Installation of Lubuk Basung Regional Hospital. Supervised by Yessi Marlina, S.Gz, M.P.H.

Food storage is a crucial phase in food management. In particular, animal foods have a shorter shelf life compared to plants when they are fresh. Therefore, implementing the right storage strategy will significantly impact the quality and safety of the processed food. The purpose of this study was to describe the storage of animal food ingredients in the nutrition installation of Lubuk Basung Hospital. This study is a descriptive study with a research design cross sectional. The data collection techniques used were observation and interviews. The results of the study on the storage temperature of beef, chicken, and fish were stored at a temperature of -13.5°C – 18.5°C , while chicken eggs are stored at a temperature of 27.4°C – 28°C , so it is said to be not in accordance with the 2008 Indonesian National Standard on consumption eggs. The average storage period for all animal food ingredients is 3 days. The storage place for animal food, beef, chicken, and fish is cold storage, while chicken eggs are stored in dry storage. The quality of beef, chicken, fish, and chicken eggs was classified as good based on the characteristics of the food ingredients. Pre-storage handling of beef, chicken, and fish was carried out in accordance with regulations. However, pre-storage handling of chicken eggs was not appropriate, and the thawing process at Lubuk Basung Regional Hospital was not carried out correctly. It is hoped that the nutrition installation at Lubuk Basung Regional Hospital will review the storage temperature and thawing process for frozen food.

Keywords: storage of animal food ingredients, storage temperature, storage location, storage duration, storage quality