

ABSTRAK

FAUZIAH KHAIRANI. Gambaran Penyimpanan Bahan Makanan Kering dan Basah di Instalasi Gizi RSUD Dr. Achmad Mochtar Bukittinggi. Dibimbing oleh Sri Mulyani, STP, M. Si.

Latar Belakang: Penyimpanan bahan makanan di instalasi gizi rumah sakit merupakan tahap kritis dalam penyelenggaraan makanan yang berpengaruh langsung terhadap keamanan dan mutu pangan bagi pasien. **Tujuan:** Mengetahui gambaran penyimpanan bahan makanan di Instalasi Gizi RSUD Dr. Achmad Mochtar Bukittinggi meliputi kondisi ruang, tata letak, serta penerapan sistem FEFO dan FIFO. **Metode:** Deskriptif dengan desain *cross sectional*. Pengumpulan data dilakukan melalui observasi menggunakan lembar *checklist* yang disesuaikan dengan standar Pedoman Gizi Rumah Sakit (PGRS). **Hasil:** Penelitian menunjukkan bahwa kondisi ruang penyimpanan bahan makanan kering dikategorikan cukup (70%), tata letak penyimpanan bahan makanan kering dikategorikan cukup (66,7%), dan penerapan sistem FEFO dikategorikan kurang (42,9%). Sementara itu, kondisi ruang penyimpanan bahan makanan basah dikategorikan kurang (30%), tata letak penyimpanan bahan makanan basah dikategorikan cukup (50%), dan penerapan sistem FIFO dikategorikan baik (100%). **Kesimpulan:** Aspek yang masih belum memenuhi standar meliputi suhu, kelembapan, ventilasi, jarak rak, pelabelan, dan penggunaan wadah penyimpanan, sehingga secara umum kondisi ruang penyimpanan bahan makanan basah masih berada pada kategori kurang, sedangkan penerapan sistem FIFO pada bahan makanan basah justru telah berjalan dengan baik dibandingkan penerapan sistem FEFO pada bahan makanan kering. **Saran:** Diperlukan perbaikan menyeluruh terutama pada aspek suhu penyimpanan, pelabelan bahan makanan, dan tata letak rak guna menjamin keamanan pangan bagi pasien, serta perlu adanya evaluasi dan pelatihan berkala bagi petugas gizi terkait penerapan sistem FEFO dan FIFO secara konsisten.

Kata Kunci: Penyimpanan Bahan Makanan, FEFO, FIFO, Instalasi Gizi, Keamanan Pangan

ABSTRACT

FAUZIAH KHAIRANI. *Overview of Dry and Wet Food Storage in the Nutrition Installation of Dr. Achmad Mochtar Hospital, Bukittinggi. Supervised by Sri Mulyani, STP, M.Si.*

Background: Food storage in the hospital nutrition installation is a critical stage in food management that directly affects the safety and quality of food for patients. **Objective:** To determine the description of food storage in the Nutrition Installation of Dr. Achmad Mochtar Hospital Bukittinggi including room conditions, layout, and the implementation of the FEFO and FIFO systems. **Method:** Descriptive with a cross-sectional design. Data collection was carried out through observation using a checklist sheet adjusted to the Hospital Nutrition Guidelines (PGRS) standards. **Results:** Research indicates that the condition of the dry food storage area is rated as Adequate (70%), the layout as Adequate (66.7%), and the implementation of the FEFO system as Poor (42.9%). Meanwhile, the condition of the wet food storage area is rated as Poor (30%), the layout as Adequate (50%), and the implementation of the FIFO system as Good (100%). **Conclusion:** aspects failing to meet standards include temperature, humidity, ventilation, shelf spacing, labeling, and the use of storage containers; consequently, the condition of the wet food storage area generally falls into the "Poor" category, whereas the implementation of the FIFO system for wet food has actually been successful, contrasting with the implementation of the FEFO system for dry food. **Suggestion:** Comprehensive improvements are needed, especially in the aspects of storage temperature, food labeling, and shelf layout to ensure food safety for patients, and there is a need for periodic evaluation and training for nutrition officers regarding the consistent implementation of the FEFO and FIFO systems.

Keywords: Food Storage, FEFO, FIFO, Nutrition Installation, Food Safety