

ABSTRAK

IRMA DARMANINGSIH. Gambaran Sisa Makanan Pada Program Makan Bergizi Gratis Siswa kelas I-III SD Negeri 43 Pekanbaru”. Dibimbing oleh ROZIANA, SST, M.Gizi dan YOLAHUMAROH, SKM, MPH.

Program Makan Bergizi Gratis (MBG) merupakan program pemerintah yang bertujuan untuk meningkatkan status gizi peserta didik melalui penyediaan makanan bergizi seimbang. Salah satu indikator keberhasilan program ini adalah rendahnya sisa makanan yang dihasilkan. Penelitian ini bertujuan untuk mengetahui gambaran sisa makanan pada Program Makan Bergizi Gratis (MBG) siswa kelas I–III di SD Negeri 43 Pekanbaru. Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif. Sampel penelitian berjumlah 59 siswa yang dipilih menggunakan teknik *proportionate stratified random sampling*. Pengamatan sisa makanan dilakukan selama tiga hari menggunakan metode taksiran visual Comstock dan dianalisis secara univariat. Hasil penelitian menunjukkan persentase responden dengan kategori sisa makanan baik ($\leq 20\%$) pada sumber karbohidrat sebesar 66,1%, 57,6%, dan 69,5%; protein hewani sebesar 67,8%, 76,3%, dan 67,8%; serta protein nabati sebesar 59,3%, 54,2%, dan 59,3%. Sementara itu, persentase responden dengan kategori sisa makanan tidak baik ($>20\%$) pada sayuran sebesar 71,2%, 69,5%, dan 71,2%. Kesimpulan pada penelitian ini adalah sisa makanan sumber karbohidrat, protein hewani, dan protein nabati sebagian besar termasuk kategori baik ($\leq 20\%$), sedangkan sisa makanan sayuran sebagian besar termasuk kategori tidak baik ($>20\%$) sehingga menjadi komponen makanan yang paling banyak disisakan oleh siswa.

Kata Kunci: sisa makanan, Program Makan Bergizi Gratis, metode Comstock, siswa sekolah dasar.

ABSTRACT

IRMA DARMANINGSIH. Overview of Food Waste in the Free Nutritious Meal Program for Grade I–III Students at SD Negeri 43 Pekanbaru. Supervised by ROZIANA, SST., M.Gizi and YOLAHUMAROH, SKM., MPH.

The Free Nutritious Meal Program (MBG) is a government program that aims to improve the nutritional status of students through the provision of balanced nutritious food. One of the indicators of the success of this program is the low food waste produced. This study aims to find out the description of food leftovers in the Free Nutritious Meal Program (MBG) for students in grades I–III at SD Negeri 43 Pekanbaru. This research is a descriptive research with a quantitative approach. The research sample amounted to 59 students who were selected using the proportionate stratified random sampling technique. Observation of food residues was carried out for three days using the Comstock visual estimation method and analyzed univariately. The results showed that the percentage of respondents with the category of food waste was good ($\leq 20\%$) in carbohydrate sources at 66.1%, 57.6%, and 69.5%; animal protein by 67.8%, 76.3%, and 67.8%; and vegetable protein by 59.3%, 54.2%, and 59.3%. Meanwhile, the percentage of respondents with the category of food waste is not good ($> 20\%$) in vegetables at 71.2%, 69.5%, and 71.2%. The conclusion of this study is that leftovers from carbohydrate sources, animal proteins, and vegetable proteins are mostly in the good category ($\leq 20\%$), while vegetable leftovers are mostly in the bad category ($> 20\%$) so that they are the most important food components left by students.

Keywords: food waste, Comstock method, MBG Program, elementary school students.