

COMMUNITY SERVICE PROGRAM

**HEALTHY SCHOOL CANTEEN DEVELOPMENT IN
MAGELANG ELEMENTARY SCHOOL**



**Universitas
Alma Ata**
The Globe Inspiring University

**ALMA ATA CENTER FOR HEALTHY LIFE AND FOOD
(ACHEAF)
UNIVERSITAS ALMA ATA
2024**

LEMBAR PENGESAHAN
Laporan Pertanggung Jawaban

**HEALTHY SCHOOL CANTEEN DEVELOPMENT
IN MAGELANG ELEMENTARY SCHOOL**

Panitia Kegiatan
ALMA ATA CENTER FOR HEALTHY LIFE AND FOOD (ACHEAF)

Yogyakarta, 20 Maret 2024
Sekretaris

Ketua,



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Daru Estiningsih, M. Sc. Apt

FOREWORD

Assalamu'alaikum Wr. Wb.

Alhamdulillah, with the permission and guidance of Allah Subhanahuwata'ala, we report on the Community Service Program of LP2M Activities of Alma Ata University.

This report was made as a form of evaluation of the implementation of LP2M Alma Ata University from Alma Ata for Indonesia with the hope of providing clear and comprehensive information and as study material for improvement in the implementation of similar activities in the following year.

This report contains an explanation related to the process of LP2M Activities of Alma Ata University from Alma Ata for Indonesia starting from planning, activity process, and evaluation results presented in detail.

On behalf of the Chairperson of LP2M Alma Ata University, I would like to express my deepest gratitude to the entire committee, who have contributed from the planning to the implementation of this activity. Hopefully, your contribution can be a continuous charity that is accepted by Allah SWT, amen

Wassalamu'alaikum Wr. Wb.

Yogyakarta, March 20th 2024

LP2M Chairperson

Universitas Alma Ata



Daru Estiningsih, M. Sc. Apt

a. Background

Student well-being extends beyond academic achievements to include physical health and nutrition. The school canteen, a central hub for student meals, plays a pivotal role in shaping dietary habits and overall health. Despite its importance, many school canteens struggle to offer nutritious food options due to financial constraints, limited resources, and insufficient guidance.

The rise in childhood obesity and associated health problems, such as diabetes and cardiovascular diseases, has become a significant public health issue. Studies indicate that poor dietary habits established during childhood often persist into adulthood, leading to long-term health complications. School canteens, often a primary source of daily nutrition for students, frequently offer food that is high in sugars, fats, and processed ingredients, which contributes to unhealthy eating patterns. Additionally, the financial constraints faced by many schools can limit their ability to provide fresh, nutritious options.

Recognizing these challenges, this community service program aimed at enhancing the healthiness of school canteens emerges as a crucial intervention. This program seeks to address the growing concern over child nutrition by transforming school canteens into providers of wholesome, balanced meals. This community service program was developed in response to this need, aiming to create a supportive environment where students can access nutritious food and learn about healthy eating.

b. Objectives

The Community Service Program is designed with several key goals:

1. **Improve Nutritional Quality:** Transform school canteen menus to include a greater variety of fresh fruits, vegetables, whole grains, and lean proteins. This involves revising meal options to adhere to established dietary guidelines and making them appealing to students.
2. **Educate and Empower:** Provide education on nutrition and healthy eating through workshops and interactive sessions for both students and their families. The program aims to empower students with the knowledge and skills needed to make healthier food choices.
3. **Promote Sustainable Practices:** Encourage the use of locally-sourced ingredients and sustainable practices within school canteens.

c. Expected Outcomes

The program aims to achieve several positive outcomes:

1. **Enhanced Nutrition:** Students will have access to healthier food options, leading to improved dietary habits and overall health.
2. **Increased Awareness:** Educational efforts will raise awareness about the benefits of healthy eating and foster lifelong healthy habits.
3. **Environmental Benefits:** Adoption of sustainable practices will reduce the environmental impact of school canteen operations.

d. Type of Activity

To achieve these goals, the community service program includes several components:

1. **Menu planning:** Collaborate with nutritionists and dietitians to develop a new canteen menu that meets nutritional standards and includes a range of healthy, student-friendly options. This process involves testing new recipes, sourcing quality ingredients, and ensuring that the food is both nutritious and appealing.
2. **Nutrition education:** Organize workshops and seminars to educate canteen manager, teachers, and students about the importance of balanced nutrition. These sessions will cover topics such as healthy meal planning, the benefits of various food groups, and practical tips for maintaining a healthy diet.
3. **Feedback and Evaluation:** Implement a feedback system to gather input from canteen manager, teachers, and students regarding the new canteen offerings. Regular evaluations will help refine the program and address any issues that arise.

e. Title and Activity Theme

Healthy school canteen development in Magelang Elementary School

f. Time and place

Time : March 4th-15th 2024

Place : 4 rural and 4 urban elementary school in Magelang district, Central Java

1. SDN RambeanaK 2
2. SDN Candirejo 1
3. SDN Kapuhan 1

4. SDN Tirto
5. SDN Jogoyasan
6. SDN Bandarsedayu
7. SDN Kembaran
8. SDN Kartoharjo

g. Targets

Canteen manager, teachers, and students (grade 4th)

h. Speaker and volunteers

1. Prof. dr. Hamam Hadi, M.S., Sc.D., Sp.G.K.
2. Esther M. Nguyen (Johns Hopkins University Bloomberg School of Public Health)
3. Herwinda Kusuma Rahayu, S.Gz., M.P.H
4. Yulinda Kurniasari, S.Gz., M.P.H
5. Pramitha Sari, S.Gz, Dietisien, MH.Kes

i. Result

The Healthy School Canteen Development In Magelang Elementary School activity is an activity carried out by the Alma Ata Center For Healthy Life And Food (ACHEAF) as the committee and in collaboration with the Johns Hopkins University Bloomberg School of Public Health as the organizer. This activity was a manifestation of the implementation of the Tri Dharma of Higher Education, namely community service. This activity consists of 3 sessions from March 4th -15th 2024. This event was filled by several speakers consisting of lecturers from the Nutrition study program and JHU.

This activity went smoothly and there were several participants who asked questions, such as types of healthy and unhealthy snacks and how to store food properly. Through this activity, the implementers and speakers hope that participants will have more knowledge related to how to improve children's nutritional status through a healthy canteen.

j. Evaluation

Some of the problems that occurred during the program included:

The distance between the location (Magelang) and the Alma Ata University was quite far.

k. Conclusion

The Community Service Program to enhance the healthiness of school canteens represents a strategic effort to address the nutritional challenges faced by students. By focusing on improving food quality, educating the community, and fostering collaboration, the program aims to create a healthier school environment. This initiative not only benefits students' health but also sets a precedent for other schools to follow, ultimately contributing to the broader goal of advancing public health and well-being.

l. Budget

Item	Cost
Polopendem	Rp. 45.000
Paket buah	Rp. 74.000
Telur puyuh	Rp. 24.000
Gethuk	Rp. 16.000
Talas	Rp. 6.000
Ubi ungu	Rp. 7.000
Ubi kuning	Rp. 7.000
Singkong	Rp. 5.000
Kacang tanah	Rp. 8.500
Telur puyuh	Rp. 21.000
Gethuk	Rp. 14.000
Es Kulkul	Rp. 20.000
Telur puyuh	Rp. 21.000
Gethuk	Rp. 14.000
Singkong	Rp. 5.000
Ubi ungu	Rp.8.000
Melon	Rp. 16.000
Semangka	Rp. 14.000
Telur puyuh	Rp. 15.000
Gethuk	Rp. 10.000
Gethuk Lindri	Rp30.000,00
Buah Campur Pack	Rp16.990,00
Nanas Madu Pack	Rp10.900,00
Telur Puyuh	Rp19.900,00
Ubi Manis	Rp5.000,00
Gethuk Lindri	Rp15.000,00

Ubi Ungu	Rp9.792,00
Ubi Cilembu	Rp18.144,00
Semangka Potong Pack	Rp8.415,00
Melon Potong Pack	Rp9.560,00
Telur Puyuh	Rp14.900,00
Gethuk Lindri	Rp20.000,00
Melon Potong Pack	Rp14.990,00
Semangka Potong Pack	Rp7.990,00
Kacang Tanah	Rp10.000,00
Singkong	Rp5.000,00
Ubi Ungu	Rp6.000,00
Ubi Manis	Rp5.000,00
Talas	Rp5.000,00
Telur Puyuh Matang	Rp25.000,00
Gethuk Lindri	Rp20.000,00
Melon Potong Pack	Rp13.990,00
Semangka Potong Pack	Rp7.990,00
Telur Puyuh	Rp19.900,00
Kacang Rebus	Rp14.000,00
Singkong	Rp5.000,00
Ubi Ungu Matang	Rp7.000,00
Ubi Manis Matang	Rp8.500,00
Talas Matang	Rp7.000,00
Total	Rp711.461,00

m. Documentation



