

# **NUTRIFISH: Inovasi Olahan Ikan, Edukasi Gizi, dan Keamanan Pangan untuk Generasi Emas di Kampung Ramsai, Kabupaten Way Kanan, Lampung**

## **(NUTRIFISH: Fish Processing Innovation, Nutrition Education, and Food Safety for the Golden Generation in Ramsai Village, Way Kanan Regency, Lampung)**

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### **ABSTRAK**

Program Pengabdian kepada Masyarakat Dosen Pulang Kampung (Dospulkam) IPB 2025 dengan judul *NUTRIFISH (Nutritious Fish Innovation for Smart & Healthy Generation)* dilaksanakan untuk menjawab permasalahan gizi dan risiko stunting yang masih tinggi di Kampung Ramsai, Kabupaten Way Kanan, Lampung. Rendahnya konsumsi protein hewani serta minimnya pengetahuan masyarakat tentang gizi seimbang dan keamanan pangan menjadi dasar penting dilaksanakannya intervensi berbasis pangan lokal, khususnya ikan nila yang melimpah di wilayah tersebut. Program ini bertujuan meningkatkan kapasitas masyarakat melalui edukasi gizi, pelatihan keamanan pangan rumah tangga, serta praktik inovasi olahan ikan seperti *tilapia nugget* dan *baby fish nila crispy* sebagai alternatif pangan tinggi protein dan mudah diterapkan. Sasaran kegiatan meliputi Ketua TP-PKK, kader Posyandu, anggota PKK, orang tua PAUD, dan perangkat kampung. Pelaksanaan kegiatan meliputi uji coba produk, koordinasi dengan pemerintah daerah, audiensi dengan Pemkab Way Kanan, serta pelatihan terpadu pada 4–5 Juli 2025. Hasil program menunjukkan peningkatan signifikan pemahaman gizi seimbang, keterampilan pengolahan pangan, dan kesadaran keamanan pangan. Evaluasi menunjukkan 78% peserta menilai program “sangat baik” dan 52% menyatakan dampak yang dirasakan “sangat berdampak”. Hambatan utama berupa keterbatasan anggaran dan waktu pelatihan diatasi melalui penyesuaian sasaran peserta dan metode demonstrasi interaktif. Secara keseluruhan, program NUTRIFISH berhasil memperkuat kolaborasi multi-stakeholder, meningkatkan literasi gizi dan keamanan pangan, serta mendorong konsumsi protein hewani sebagai upaya percepatan penurunan sekaligus pencegahan risiko stunting di kampung Ramsai.

Kata kunci: gizi seimbang, inovasi olahan ikan, keamanan pangan, stunting

### **ABSTRACT**

The Community Service Program Dospulkam IPB 2025, titled *NUTRIFISH (Nutritious Fish Innovation for Smart & Healthy Generation)*, is implemented to address nutritional problems and the high risk of stunting in Ramsai Village, Way Kanan, Lampung. Low consumption of animal protein and the community's limited knowledge about balanced nutrition and food safety form the important basis for carrying out interventions based on local food, particularly tilapia, which is abundant in the area. This program aims to increase community capacity through nutrition education, household food safety training, and innovative fish processing practices such as tilapia nuggets and crispy baby tilapia fish as high-protein food alternatives that are easy to implement. The target participants include the TP-PKK, Posyandu cadres, parents of PAUD students, and village officials. The implementation of activities included product trials, coordination with local government, an audience with the Way Kanan Regency Government, as well as integrated training on July 4–5, 2025. The program results showed a significant increase in understanding of balanced nutrition, food processing skills, and food safety awareness. Evaluation showed that 78% of participants rated the program as “very good” and 52% reported that the impact felt was “very significant.” The main obstacles, such as limited budget and training time, were addressed by adjusting participant targets and using interactive demonstration methods. Overall, the NUTRIFISH program successfully strengthened multi-stakeholder collaboration, improved nutrition and food safety literacy, and encouraged the consumption of animal protein as an effort to accelerate the reduction and prevention of stunting risks in Ramsai village.

Key words: balanced nutrition, fish processing innovation, food safety, stunting