

# **Peningkatan Kapasitas Kader Pendamping Usaha Pangan Industri Rumah Tangga di Kabupaten Bandung melalui Training of Trainers terkait Label Pangan dan Informasi Nilai Gizi**

## **(Capacity Building for Home Industry Food Business Cadres in Bandung Regency through Training of Trainers on Food Labels and Nutrition Information)**

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### **ABSTRAK**

Usaha Pangan Industri Rumah Tangga (PIRT) berperan penting dalam peningkatan ekonomi lokal, namun masih menghadapi tantangan terkait kepatuhan pelabelan pangan dan informasi nilai gizi. Kegiatan Dosen Pulang Kampung 2025 ini bertujuan untuk meningkatkan pengetahuan Kader Pendamping Usaha Pangan Industri Rumah Tangga (PIRT) terkait label pangan dan informasi nilai gizi. Kegiatan melibatkan para pelaku UMKM pangan yang diundang untuk mengikuti pelatihan terkait label pangan dan informasi nilai gizi pada bulan Juli hingga Agustus 2025 di Dinas Kesehatan Kabupaten Bandung. Pelaksanaan kegiatan dilakukan selama tiga sesi melalui pendekatan kuantitatif-deskriptif, yang mencakup pretest, penyampaian materi, diskusi interaktif, praktik penyusunan tabel Informasi Nilai Gizi, dan posttest. Sebanyak 43 peserta mengikuti pelatihan ini, didominasi oleh perempuan (84%), usia 46–55 tahun (42%), dan lulusan SMA/MA (44%). Pelatihan terbukti menunjukkan peningkatan pengetahuan dengan skor rata-rata pre-test 79% meningkat menjadi 86% pada post-test. Pelatihan terbukti meningkatkan pengetahuan kader yang ditunjukkan oleh peningkatan skor rata-rata dari 76,3 menjadi 83,3 serta peningkatan proporsi kategori pengetahuan baik dari 56% menjadi 78%. Meskipun demikian, praktik pelabelan pangan masih belum optimal, dengan 58% kader berada pada kategori praktik kurang, terutama pada aspek teknis seperti pemanfaatan aplikasi resmi “Cetak ING Mandiri” dan pemenuhan komponen wajib label pangan. Hambatan utama pelaksanaan terkait keterbatasan literasi digital diatasi melalui pendampingan teknis. Secara keseluruhan, program ToT efektif dalam meningkatkan pengetahuan kader, namun peningkatan praktik pelabelan pangan memerlukan intervensi lanjutan yang lebih terarah dan berkelanjutan.

Kata kunci: informasi nilai gizi, kapasitas kader, label pangan, pelatihan pelatih, PIRT

### **ABSTRACT**

Home Industry Food Businesses (PIRT) play an essential role in boosting the local economy, but still face challenges related to food labeling compliance and nutritional information. The 2025 Home Town Lecturer Program aims to improve the knowledge of Home Industry Food Business (PIRT) Assistance Cadres regarding food labeling and nutritional information. The activity involved food MSME actors who were invited to attend training on food labeling and nutritional information from July to August 2025 at the Bandung District Health Office. The activity was carried out in three sessions using a quantitative-descriptive approach, including a pretest, delivery of materials, interactive discussions, practice in compiling nutritional information tables, and a posttest. A total of 43 participants attended the training, predominantly women (84%), aged 46–55 years (42%), and high school/MA graduates (44%). The training was proven to increase knowledge, with the average pre-test score of 79% rising to 86% on the post-test. The training was proven to increase cadres' knowledge, as shown by an increase in the average score from 76.3 to 83.3 and the proportion of the good knowledge category from 56% to 78%. However, food labeling practices remain suboptimal, with 58% of cadres in the poor practice category, particularly in technical aspects such as the use of the official “Cetak ING Mandiri” application and compliance with mandatory food labeling requirements. The main obstacle to implementation, related to limited digital literacy, was overcome through technical assistance. Overall, the ToT program was effective in improving cadres' knowledge, but improving food labeling practices requires more targeted and sustainable follow-up interventions.

Keywords: cadre capacity, food labeling, nutritional information, trainer training, PIRT