

GIZI FOOD: Gerakan Inovatif Zero Food Waste dan Optimalisasi Konsumsi Sayur & Buah di Sekolah MBG

(GIZI FOOD: Innovative Movement for Zero Food Waste and Optimization of Vegetable & Fruit Consumption in MBG Schools)

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ABSTRAK

Program Makan Bergizi Gratis (MBG) merupakan upaya pemerintah dalam meningkatkan status gizi anak sekolah dasar, namun implementasinya masih menghadapi tantangan berupa tingginya potensi food waste, khususnya dari kelompok sayur dan buah. Kegiatan pengabdian masyarakat “GIZI FOOD: Gerakan Inovatif Zero Food Waste dan Optimalisasi Konsumsi Sayur & Buah di Sekolah MBG” dilaksanakan di SDN Banjarsari 5 dengan tujuan meningkatkan kesadaran, pengetahuan, dan keterampilan siswa, guru, dan orang tua mengenai pencegahan food waste serta pentingnya konsumsi pangan bergizi. Metode kegiatan meliputi survei awal, penyusunan media edukasi, edukasi interaktif bagi siswa, Training of Trainers (ToT) bagi guru, serta sesi edukasi bagi orang tua. Pendekatan edukatif dilakukan melalui ceramah, diskusi, permainan, video edukasi, serta pembelajaran berbasis proyek seperti FEED CLASS, FUNTASTE, dan SAVE. Hasil pelaksanaan menunjukkan peningkatan pengetahuan peserta yang dibuktikan melalui kenaikan nilai post-test, serta meningkatnya kesadaran mengenai peran sekolah dan keluarga dalam mengurangi food waste dan mengoptimalkan konsumsi sayur dan buah. Selain itu, kegiatan ini menghasilkan berbagai output, termasuk modul pelatihan, poster edukasi, dan materi audiovisual yang memperoleh Hak Kekayaan Intelektual (HAKI). Secara keseluruhan, kegiatan pengabdian ini terbukti efektif dalam meningkatkan pemahaman dan mendorong perubahan perilaku terkait konsumsi pangan sehat dan pengelolaan food waste, sehingga berpotensi menjadi model edukasi berkelanjutan di lingkungan sekolah dasar.

Kata kunci: edukasi gizi, food waste, gizi seimbang, makan bergizi gratis, sekolah dasar

ABSTRACT

The Free Nutritious Meal (MBG) Program is a government initiative aimed at improving the nutritional status of elementary school children; however, its implementation still faces challenges, particularly the high potential for food waste, especially from vegetables and fruits. The community service program “GIZI FOOD: Innovative Movement for Zero Food Waste and Optimization of Vegetable & Fruit Consumption in MBG Schools” was conducted at SDN Banjarsari 5 with the aim of enhancing the awareness, knowledge, and skills of students, teachers, and parents regarding food waste prevention and the importance of consuming nutritious foods. The methods used included preliminary surveys, development of educational media, interactive education for students, Training of Trainers (ToT) for teachers, and educational sessions for parents. The instructional approach incorporated lectures, discussions, games, educational videos, and project-based learning activities such as FEED CLASS, FUNTASTE, and SAVE. The results showed an improvement in participants’ knowledge as indicated by increased post-test scores, along with greater awareness of the roles of schools and families in reducing food waste and optimizing vegetable and fruit consumption. In addition, the program generated various outputs, including training modules, educational posters, and audiovisual materials that received Intellectual Property Rights (HAKI). Overall, this community service initiative proved effective in enhancing understanding and promoting behavioral change related to healthy food consumption and food waste management, demonstrating its potential as a sustainable educational model for elementary school environments.

Keywords: balanced nutrition, elementary schools, food waste, free nutritious meals, nutrition education