

ABSTRACT

Organizing institutional food aims to achieve optimal nutritional status or health status through providing proper and good food intake, but many patients leave food scraps. Food residue that is still high will affect the patient's nutritional status which can lead to malnutrition. In addition, the patient will feel a financial loss, so there is a wasted food cost. The aim of this study was to describe food waste and the cost of wasted food on the soft food diet of patients at Jombang District General Hospital.

This research is a descriptive study with a random sampling technique purposive sampling. This research was conducted by weighing the remaining soft food samples consisting of 3 main meals and a fruit snack which was carried out for 7 days. Inpatient respondents aged 15-80 years who received class I, II, III soft food at the Jombang District Hospital totaled 35 people from the entire menu cycle.

The results showed that the average remaining staple food was 26.6%, animal side dishes 25.6%, vegetable side dishes 19,4%, vegetables 30,1%, and fruit 8,3%. The highest amount of wasted costs based on the food group was animal side dishes (Rp538.002,00), based on meal time it was lunch time Rp2.448.962,00 and the largest wasted costs according to class of treatment were in class III (Rp53.918,00).

The conclusion of the comparison of wasted costs with the nutrition installation budget is IDR 4,528,592.00/month of February, so there is 29,78% wasted costs from the budget. This figure has considerable economic value, namely 20%-40% of the hospital health budget. It is recommended that the Jombang District General Hospital improve more so that there are no leftovers and costs that are wasted again so that the nutritional needs of patients can increase, the length of the patient's stay is not long, and the budget for treatment is not large.

Keywords : leftover food, wasted food costs, soft food diet

