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HUMAN RESOURCE CAPACITY IMPROVEMENT OF CANTEEN VENDORS AT SMPN 1 BANGKALAN

Dini Setiarsih^{1*}, Eka Firdianita Fujiatus Sholiha¹, Vera Ardilla Rimba Kharisma¹,
Nandita Cahyani Putri¹

¹ Department of Nutrition, Faculty of Health, Universitas Nahdlatul Ulama Surabaya

* Correspondence

Dini Setiarsih

Department of Nutrition, Faculty of Health, Universitas Nahdlatul Ulama Surabaya

Jl. Raya Jemursari No. 51-57 Surabaya, Jawa Timur, Indonesia

Email: dinisetiarsih@unusa.ac.id

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ABSTRACT

School canteens play an important role in providing safe, nutritious, healthy, and halal food for students. SMPN 1 Bangkalan still faces obstacles in the low capacity of canteen vendors regarding balanced nutrition, food safety, and sanitation hygiene. This activity aimed to increase the knowledge of canteen vendors about healthy canteens and food safety. The target of the activity was all canteen vendors at SMPN 1 Bangkalan. The activity method included socialization of canteen vendors and education on healthy canteens and food safety. Educational media used modules, presentations, and flyers. Evaluation was carried out with pre-tests and post-tests. The results of the activity showed an increase in participants' knowledge about healthy canteens and food safety, especially in choosing healthy snacks, storing food ingredients, and maintaining cleanliness. This program can be concluded as effective in encouraging the implementation of sustainable healthy canteen standards at SMPN 1 Bangkalan.

Keywords: Balanced Nutrition, Food Safety, Healthy Canteen, Hygiene-Sanitation.

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INTRODUCTION

The school canteen is a crucial facility that plays a role in supporting a healthy learning environment. The canteen's function extends beyond providing food and beverages to students, but also serves as an educational tool for fostering good eating habits. A canteen that meets health standards is expected to provide safe, nutritionally balanced, hygienic, and affordable food, thereby supporting students' nutritional needs and contributing to improved health and academic achievement (Hikmah, 2017).

SMPN 1 Bangkalan is an A-accredited public junior high school strategically located in the center of Bangkalan City. One of the school's efforts to support student health is by implementing the Free Nutritious Meal Program (MBG) as part of a government program. This program aims to meet students' daily nutritional needs and improve their health. However, efforts to improve nutrition do not depend solely on the MBG program, but are also influenced by students' overall consumption behavior. Given that students spend most of their time at school and their habit of purchasing snacks from the canteen, the existence of a school canteen is a strategic factor in providing nutritious, safe, and halal food.

National data shows that only around 43.5% of school canteens are classified as healthy (Hadi, 2022). The presence of canteen managers who have received formal training has been shown to increase the chances of achieving healthy canteen standards. However, the reality on the ground shows that around 76% of snacks consumed by students are ultra-processed foods with low nutritional content and potentially harmful to health

(Sulistiyani, 2018). Furthermore, as many as 35% of snacks sold in school environments are categorized as unhealthy or do not meet requirements, including those that are not halal (Handayani, 2023). The majority of students (91.1%) purchase snacks at school, and these snacks contribute around 21.7–31.6% of their total daily energy intake. Even more concerning, 45% of snacks sold in or around schools contain hazardous ingredients such as formaldehyde, borax, rhodamine, or excessive preservatives (Khomsan, 2022).

Observations by the School Health Unit (UKS) team at SMPN 1 Bangkalan show that almost all canteen stalls still sell ultra-processed foods such as sausages, nuggets, fried foods with instant seasonings and sauces, and high-sugar packaged drinks. This situation has the potential to negatively impact students' health, especially in the long term. Furthermore, canteen hygiene and sanitation facilities are still inadequate, for example, there are no handwashing facilities for customers, a limited number of trash bins, and no separation between organic and inorganic waste.

To achieve a comprehensive healthy school status, SMPN 1 Bangkalan requires specialized support regarding healthy canteen management. To date, the school has no experience implementing a healthy canteen program. Therefore, increasing the human resource (HR) capacity of canteen vendors is a necessary strategic step. By improving the knowledge, skills, and awareness of canteen vendors, it is hoped that the quality of food and beverages provided will meet food safety, balanced nutrition, and hygiene standards, thus supporting the realization of a healthy school at SMPN 1 Bangkalan.

OBJECTIVES

General Purpose

The purpose of this community service activity is to assist SMPN 1 Bangkalan in establishing a healthy school canteen to support the nutritious meal program.

Special Purpose

More specifically, the activity aims to improve the knowledge of canteen vendors regarding food safety, balanced nutrition, and hygiene standards in food and beverage preparation. This objective focuses on strengthening cognitive understanding as a foundation for supporting safe and healthy canteen practices.

PLAN OF ACTION

Strategy Plan

Activities include outreach, education, application of science and technology, mentoring and evaluation, and program sustainability. The activity stages include outreach on the importance of healthy canteens, education with materials on healthy canteens and food safety, and food safety testing, including testing for formalin, borax, rhodamine B, methyl yellow, and water quality.

The method used is participatory education using tools such as the Food Safety in School Canteens book, PowerPoint presentations, and educational posters. The material presented focuses on hygiene, food safety, food presentation, and service aspects that comply with the healthy canteen guidelines issued by the Ministry of Health of the Republic of Indonesia.

Implementation

The activity began with a preparatory phase, compiling educational materials

based on a literature review and official guidelines. This was followed by a face-to-face educational phase using PowerPoint presentations to systematically present the material, the Food Safety in School Canteens book, and educational posters to reinforce the visual message. To gauge participants' understanding, a pre-test was administered before and a post-test was administered after the activity.

This method was chosen because the combination of visual and interactive media has proven effective in improving the target audience's understanding and skills, particularly in the context of health promotion and canteen management. Education was conducted face-to-face using presentation media and educational posters. As a form of implementation support, canteen vendors received hygiene and sanitation equipment such as aprons, gloves, masks, trash cans, and handwashing stations. This equipment is expected to be used sustainably to maintain cleanliness during food preparation and serving in the school canteen.

Setting

This community service activity was held at SMPN 1 Bangkalan, one of the best junior high schools in the city. The school is located in the city center and has 821 students.

Target

The target of the activity was 15 canteen vendors. Before the activity was carried out, they had received socialization and they made a written statement to support the establishment of a healthy canteen.

RESULTS AND DISCUSSION

To assess the effectiveness of educational activities regarding canteen management, a pre-test and post-test were conducted on 15 canteen vendors as respondents. The pre-test was administered before the educational activities were carried out, while the post-test was administered after the activities were completed. The pre-test and post-test data are presented in Table 1.

Table 1. Pre-Test and Post-Test Data

	Pre-Test	Post-Test
Minimum	50	60
Maximum	90	100
Mean	70.67	80.67

The descriptive analysis results showed an increase in participants' understanding of food safety in the canteen. The average pre-test score was 70.67 with a score range of 50-90. After the education, the average score increased to 80.67 with a score range of 60-100. This indicates that the educational intervention was able to strengthen the target's knowledge regarding food safety in the school canteen. Although the increase in the average score was not very large, these results indicate a shift in understanding towards the better, where most of the targets were able to achieve the maximum score after being provided with assistance.

Table 2. Knowledge Parameters of Canteen Vendors at SMPN 1 Bangkalan

Questions	Correct Answer	
	Pre-Test (%)	Post-Test (%)
What is meant by PJAS?	6.6	33.3
What temperature is the zone prone to germ growth in food?	40.0	86.7

Questions	Correct Answer	
	Pre-Test (%)	Post-Test (%)
What are examples of dangerous chemicals that are often misused in food?	93.3	93.3
Why shouldn't food cans that are dented or bloated be used?	93.3	73.3
What should be done when taking food?	93.3	86.7
Why should brightly colored drinks be restricted for school children?	100.0	93.3
What is the minimum distance for storing raw materials from the floor and walls?	6.7	80.0
What should consumers do before eating at the school canteen?	100.0	80.0
What food additives should be used?	73.3	100.0
One of the characteristics of safe food to choose is?	100.0	80.0

Judging from the percentage of correct answers to each question, several indicators showed significant improvements. For example, understanding of germ-prone zones increased from 40.0% to 86.7%, and knowledge regarding the distance between raw material storage and the floor/wall increased from 6.6% to 80.0%. Furthermore, understanding of the use of Food Additives (BTP) also increased from 73.3% to 100.0%. This indicates that education has improved respondents' knowledge of technical aspects that were previously poorly understood.

However, there were still a decrease in the percentage of correct answers in the post-test, such as questions about

dented/bloated cans, washing hands before eating, and characteristics of safe food. This was likely due to respondents' confusion in understanding the material or a lack of emphasis on these points during the education. Therefore, further intensive support is still needed. This condition aligns with research by Prasetyaningrum and Kadaryati (2020), which states that although education can improve the knowledge of canteen managers, behavioral change still requires continued support and repeated reinforcement of the material.

Overall, the results of this activity indicate that education regarding healthy canteen safety has proven effective in increasing respondents' knowledge, particularly regarding hygiene, food storage, and the safe use of additives. However, some materials that experienced a decline in performance require further evaluation to prevent misconceptions among participants. Given the increase in average scores and the presence of respondents achieving maximum scores, it can be concluded that the educational intervention positively contributed to strengthening respondents' understanding of healthy canteen safety in the school environment (Suyanto, 2025).



Figure 1. Education of School Canteen Traders Through Participatory Education



Figure 2. Food Safety Test Simulation

CONCLUSION

Participatory education based on visual media has been proven to be effective in increasing the knowledge and skills of canteen managers at SMPN 1 Bangkalan regarding healthy canteens, balanced nutrition, food safety, and sanitation hygiene, so that it can support the implementation of healthy canteen standards in a sustainable manner.

Schools should establish a dedicated team tasked with overseeing food quality and safety in the canteen, while ensuring the implementation of standardized management procedures. Canteen vendors are expected to undergo regular training on hygienic food processing, selecting healthy ingredients, and implementing balanced nutrition principles. Relevant agencies are expected to provide support through training programs, providing hygiene and sanitation facilities, and providing ongoing educational materials.

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