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STORAGE OF DRY FOOD MATERIALS IN HOSPITAL NUTRITION INSTALLATIONS

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Abstract
Dry food storage procedures in hospital nutrition facilities are crucial for maintaining the quality, safety, and nutritional value of food prepared for patients. Standard storage practices—such as maintaining warehouse cleanliness, regulating temperature and humidity, placing food on shelves away from floors or walls, and implementing a First in First Out (FIFO) system—can prevent damage, contamination, and pest growth. Proper storage procedures ensure food remains safe and suitable for consumption, supporting the provision of hygienic, nutritious food for patients and helping maintain the quality of nutrition services in hospitals.
Keywords: *Dry Food Ingredients, Nutrition Installation, Storage*

Abstrak
Prosedur penyimpanan makanan kering di fasilitas nutrisi rumah sakit sangat penting untuk menjaga kualitas, keamanan, dan nilai gizi makanan yang disiapkan untuk pasien. Praktik penyimpanan standar—seperti menjaga kebersihan gudang, mengatur suhu dan kelembapan, menempatkan makanan di rak jauh dari lantai atau dinding, dan menerapkan sistem Masuk Pertama Keluar Pertama (FIFO)—dapat mencegah kerusakan, kontaminasi, dan pertumbuhan hama. Prosedur penyimpanan yang tepat memastikan makanan tetap aman dan layak dikonsumsi, mendukung penyediaan makanan higienis dan bergizi bagi pasien serta membantu menjaga kualitas layanan nutrisi di rumah sakit.
Kata Kunci*: Bahan Makanan Kering, Instalasi Gizi, Penyimpanan*

INTRODUCTION

A hospital is a healthcare institution for patients who require services. In providing healthcare services, hospitals aim to achieve patient recovery in the shortest possible time. In accordance with Law of the Republic of Indonesia Number 44 of 2009, every citizen has the right to receive healthcare services at healthcare facilities, one of which is a hospital. Hospitals offer various healthcare services, including both medical and non-medical services. Non-medical services are services that are indirectly related to medical services, but rather serve as supporting facilities or support for the success of medical services, thus resulting in comprehensive healthcare services, one of which is nutritional services in hospitals (Dewi et al., 2022).

Food storage is a procedure for organizing, storing, and maintaining the quantity, quality, and safety of wet and dry food in cold/frozen and dry food warehouses (Ministry of Health, 2013). Wet food storage includes vegetables, fruits, meat, and fish. Dry food storage includes flour, rice, dried spices, and nuts, which can be stored in dry, non-humid warehouses or rooms (Bakri et al., 2018).

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According to PGRS (2013), food storage is a procedure for arranging, storing, and maintaining the safety of food, both dry and wet food, which can be seen in terms of both quality and quantity, including nutritional quality standards in the room according to the characteristics of the food ingredients.

Wet foods, which are perishable or perishable, require special storage with proper refrigeration and according to the required quantities. Ingredients such as vegetables, fruit, meat, fish, eggs, and cheese require

special storage with proper refrigeration and according to the required quantities. Dry foodstuffs, which are non-perishable, do not require storage at room temperature, but rather in a dry place. Items such as rice, sugar, flour, and dry spices should be stored in a dry place.

Dry food storage is storage at room temperature or lower in a storage space that maintains humidity and cleanliness. Good ventilation is necessary for storing dry, clean, and insect-free food. Dry food storage is used for canned foods, flour, cereals, sugar, and canned shortening. The most appropriate location for dry storage is near the goods receiving area and the kitchen (Indrati et al., 2014).

Storage of dry food ingredients consisting of wheat flour, rice, dry spices, and nuts which can be stored in a warehouse or dry and non-humid room (Bakri et al., 2018). Wheat flour is a fine powder or powder derived from wheat grains. Wheat flour is obtained from processed wheat grains and is high in calories and carbohydrates, but low in fiber, protein, and other nutrients. Wheat flour's water absorption capacity will be reduced if the water content is too high or if the storage area is humid. Therefore, flour should be stored in a well-ventilated area, as room temperature, humidity, and storage time will affect the flour's quality. Furthermore, flour can quickly absorb odors.

Rice is the main source of carbohydrates consumed by more than 90% of Indonesians, Rice is the food of almost all Indonesians, without exception. Based on nutritional and nutritional aspects, rice is indeed relatively superior compared to other foods. According to Octaviani (2012) that there are benchmarks used in selecting good rice, namely: rice is whitish and slightly shiny, the grains of rice appear intact and not many are broken, does not smell musty or sack odor, clean from dirt such as dust, caterpillars or rice weevils, and sand, rice must be stored in sacks placed crosswise on a board to prevent direct contact with the floor and air.

Dry spices in hospital nutrition facilities play a crucial role in providing nutritious and delicious meals to patients. The use of standardized dry spices not only enhances the flavor of food but also ensures consistency in presentation and meets the nutritional needs necessary for patient recovery. Commonly used dry spices in hospital nutrition facilities include coriander, ground nutmeg, ground pepper, and candlenut, each of which has a specific function in enhancing food flavor. Therefore, training and clear standard operating procedures are needed to ensure the proper use of dry spices, improving food quality and supporting patient well-being.

Beans belong to the Leguminosae family, also known as legumes. Some well-known beans include soybeans (*Glycine max*), peanuts (*Arachis hypogea*), and mung beans (*Phaseoulus radiata*). Storage requirements for each type of bean vary depending on its characteristics and durability. Grain storage, whether in sacks or in the warehouse, must be organized and systematic. Grain sacks should be stored neatly, with the bottoms of the sacks not directly touching the floor but rather with wooden bases. This prevents the grain from absorbing heat from the floor and prevents it from getting wet if the floor is wet. Furthermore, there is still room beneath the wooden base for air flow, facilitating ventilation.

CONCLUSION

Dry food storage procedures in hospital nutrition facilities are crucial for maintaining the quality, safety, and nutritional value of food prepared for patients. Standard storage practices—such as maintaining warehouse cleanliness, regulating temperature and humidity, placing food on shelves away from floors or walls, and implementing a First In First Out (FIFO) system—can prevent damage, contamination, and pest growth. Proper storage procedures ensure food remains safe and suitable for consumption, supporting the provision of hygienic, nutritious food for patients and helping maintain the quality of nutrition services in hospitals.

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