

The Socialization of Yam Noodles Making Without Food Preservatives At The Health Pioneer In Nganjuk District

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Abstract

The training and community service activities about the Unborax healthy food were carried out at Nganjuk District Training Center, which was attended by the pioneer of health. The objective of the program is to introduce the health pioneers of Nganjuk district about the importance of healthy food and dangers from the use of food additives such as borax and formaldehydewhich is often circulated freely, to motivate people be able to make their own food without using harmful food additives. The making of Unborax noodles introduced to the community with yam fortification is also used to motivate people to love the local food that is functional value. The method used is a social mentality approach and provides guidance and direct participatory practice of direct participative to the target of the health pioneer in Nganjuk that can be delivered to the community in each village. This training and counseling program is conducted by providing education that provides knowledge about local food, recommended food additives and prohibited by the government. Then continue to practice making wet noodles fortification from yam. Hopefully the community is more conscious with healthy food and local resources. In addition, it can also be processed in the form of other products ready to consume. The achievement gained after the training in making wet noodle without borax is all participants are able to understand the importance of healthy food without any preservatives prohibited. In addition, this training is able to awaken the community initiative to serve healthy food it self and sell it so that it can increase the income in the family.

Key words: yam, wet noodles, fortification, healthy food, borax and formalin.

Received: 30 November 2019. Accepted: 14 Desember 2019

Introduction

Nganjuk Regency is one of regencies in East Java. It is adjacent to Kediri and Madiun Regency. The natural potentials in Nganjuk are many of the agrarian industry, but there is also a small part that develops products of gardening. Besides from agrarian resources, there are many people from the street vendors who sell food that is often bought and consumed by the Nganjuk community. Especially food and various processed noodles. As with chicken noodle products, wet noodles,

dried noodles, boiled noodles or other products that use the basic ingredients of noodles.

Noodles are foods that are often consumed by all ages. The consumption patterns of noodles in Indonesia are recorded as the second largest after the country of China (Astawan, 2006). Various types of noodles are widely applied in the manufacture of wet noodles and dried noodles. It also has different basic ingredients. Recently to be a trend among food businessmen to develop noodle products. In the statement of Juniawati (2003) said that

noodles are product that becomes the most food of the society as breakfast food and interlude food.

Generally, noodle products are made of wheat. The position of wheat is reportedly threatening Indonesian local food wisdom in the year 2010 reported to 4.3 million tons/year. According to World Instant Noodle Corporation information revealed by New York Daily News that Indonesia ranked 2nd largest after China (Tan & Tan, 2009). The consumption of excessive noodles made from wheat flour will cause negative effects such as bloating (flatulence), indigestion, and irritable bowel syndrome, impaired absorption of nutrients, immunity decreases, and the presence of metabolism system failure (the disease occurs lupus, autism) because of the influence of wheat flour gluten (Harry, 2014)

Therefore, it is necessary to innovate a raw material that is an alternative choice in replacing wheat flour as a noodle making. This innovation can be done by utilizing yam as a mixture of noodle making. The yam is a local food source that is able to replace / dissubtitution of wheat components. Yam is easily obtained in our neighborhood. The price of yam is relatively cheaper. The nutrients in yam is also very high, especially carbohydrate substances, fiber, beta-carotene, vitamins, and sugar that plays an important role in the metabolism of the body. The use of yam in noodle making is characteristic of yam like wheat. So it can suppress the use of wheat that cost relatively expensive. Not only from the basic ingredients of the noodles, which is not less important is the food additives used.

Recently often sounded the issue of making noodles using prohibited food additives. The auxiliary materials are borax and formalin. Both of these materials are forbidden to use in food blends. It is effective in preserving groceries using formaldehyde and borax, but it can give negative effect to the health of human body and its nature is long term.

The use of borax in food has long been banned in Indonesia. It is listed in the regulation of the Minister of Health RI number 722/Menkes/Per/IX/88 on food additives. Even so, regardless of health effects, this ingredient is still preservative food among traders. Borax can cause brain, liver, and kidney disorders. In many or large quantity of borax causes fever, anuria, central nervous system damage, cyanosis, kidney damage, anemia, vomiting, diarrhea, fainting, even death.

The training and community service is aimed to improve the public knowledge about the dangers of food additives especially borax and formaldehydewhich widely circulated freely among the community. It is expected that the community who attended the training, later able to make noodles using local food that existed around it. In addition, it also provides briefing and supply in the health pioneer in each of the village to be able to disseminate the utilization and processing of yam to make healthy food that is popular to make wet noodles that can be made by yourself safely without borax or formaldehydematerial. The training of noodle making without food additives that are not permitted by the government, is expected to be used as a creative means for the making of other products that are safe and made from local food and leave flour and it can increase the consumption of local food ingredients in Nganjuk district.

Method

The activities of devotion to the community are be done with a social mentalistic approach process. This approach focuses on changing the target's mental attitude, lighting, guidance, training, etc. In this program of devotion is done to get the creativity of the target society and community soft skill to be aroused against the application of science. This training is a part of human resources investment in order to improve skills ability (Simanjutak, 2005).

The dedication and training of the making of wet noodles without borax is done by

considering the ability to target communities especially for health pioneers in Nganjuk district related to the frequent food circulating is by using banned foodstuffs. In the application is easy to apply and materials are easily obtained from the surrounding environment, considering the Nganjuk also the potential areas in plantation and agricultural crops. The training methods used are community active participative. Because this participatory will form or achieve the objectives required by the target. The method of the context of positioning the community as the subject of the program is intended and true-required by the target community (Sudjana, 2005). Involvement in training at the pioneer of health as a beginner every village is done from the initial stage of planning until the implementation until the final stage is evaluation. An example of the completion of the problem surrounding is done as follows:

1. Give the examples of making noodle products safe without any food additives prohibited
2. Increase efficiency in production by providing assistance in the use of more efficient equipment to facilitate the technique of making wet noodle made from the yam.

This activity is done with several stages, i.e.:

1. Preparation

The preparation is by gathering of the trainees who have previously been coordinated by the provincial health office of East Java, because this training activity is a collaboration between practitioners with the health office of East Java province. The data obtained is the main problem of food problems that often circulate (especially noodle) contains food additives that are harmful in the form of borax and formalin. Coordination and questioning for the pioneers of health are invited. In addition, there is no less important in technical preparation for the training. The preparation is the provision of facilities or media that

will be used for training, cooking utensils, raw materials, and infocus for material exposure as well as print out educational materials for the making of wet noodle from Yam.

2. Implementation

In the implementation of training made wet noodle made from yam by using the method of lectures and questions and answers and practice directly in processing the noodles. The working procedure done in making wet noodles from Yam is as follows:

a) Preparing the materials needed, i.e. :

1. Wheat Flour 250 grams
2. Sweet potato flour/steamed yam 100 grams
3. Eggs 2 Grains
4. Salt 1 teaspoon
5. Cooking oil 1 tablespoon
6. Water 100 ML
7. Water to boil sufficiently

b) Make noodle dough

1. Mix wheat flour, steamed yam, egg, salt, cooking oil and water. Stir until blended
2. Take dough, thin milled with noodle grinder. Dough milled 2-3 to slippery (mold number 8)
3. Sprinkle dough with wheat flour. Cut with noodle cutter. Do it out
4. Simmer water with 2 tbsp of oil, input noodles, boiled until cooked
5. Lift and drain

3. Evaluation

This evaluation activity is done to see from noodle products that are done by seeing the quality organoleptic covering the flavor, color, taste, aroma and texture of the product that has been produced. Then, do the evaluation by give the question and discussion on the ability obtained from the material of making noodles from yam fortification

Results And Discussion

From the training that has been done and the participants of the representatives who practice making noodles directly have reached the expected target of a series of planned programs. In a sampling the pioneers of health district appointed forward to practice being able to make yam fortification noodles that have a good taste and soft without preservatives that harm to health.

Making healthy noodle is done as a form of healthy food that can be made by yourself without having to buy from outside the house. Because its often the food originating from the outside is used to use foodstuffs prohibited, often the material used is the borax or formaldehydethat circulating freely. It is unfortunate if the production process of noodles with additional ingredients that are forbidden to be consumed by most people. Its considering this noodle is a snack that is often eaten at all times. So that the application of noodle safe and healthy from this yam fortification material is one way applicative that can be applied in the community to spearheaded healthy living by making the noodles in person

Yam fortification noodle is a healthy food because it is not added harmful food, but it is safe to be consumed by the layer of society: children, adolescents, or adults. The process of making yam fortification noodle is easy to do and quite simple. The raw materials are also easy to obtain anytime and anywhere, as Nganjuk is also a plantation area that is able to reduce the yam. At the yard of the house is often filled with yam plants to be used as vegetable parts and yam for food / snacks. Easy to get the raw material of a type of tuber-the tuber is possible to improve the creativity of society, especially mothers around to utilize as a form of healthy processed products without the addition of borax and formalin, so that it will provide healthy food and have an economical value.

The abundance of food circulating and containing hazards such as the use of borax that

is still common makes the main problem in choosing healthy foods. It is an obstacle that people often face, so they hesitate to buy. Or even they buy without regard to the composition or suspicion of the noodles sold cheap. So this training and devotion is one of the solutions that can be offered to eliminate public doubts against noodles that are widely circulated freely and cheap price. In this training and practice solutions that the team can provide are processed without borax noodles are as follows:

1. On production process

As an alternative solution in making noodle is not to use wheat flour 100% but can use a mixture of yam material. It also contains active compounds and a variety of nutritional composition. Although the settings are manual, but the tools for making noodles are available in many stores and easy to get. Moreover, the price of this manual noodle machine is also very cheap and affordable.

The existence of fortification of yam to replace some wheat flour is expected to be able to reduce the consumption of wheat flour which is also relatively more expensive. This solution also provides an offer to make healthy food without the presence of food additives that are banned from its abundance but are free of such as borax or formaldehydethat endanger the health of humans who consume it although the effect in the long run.

There is also financial savings. The comparison of the purchase of wheat more expensive than the price of yam. So, it can cut costs for the purchase of wheat flour.

2. Food quality improvement

From a theory says that healthy food is essentially made from safe and healthy ingredients. The ingredients used should contain the nutrients needed for metabolism in the body. So in this case the selection of the type of yam should have good characteristics. In addition, the ingredients or spices used must follow the rules of processing is good related to the dose of the material. its should use the old

yam, not eaten caterpillar or there are colored parts outside the specifications of good yam. Good quality will produce good products and appetizing appetite.

3. Product Packaging

The purpose of packing is to maintain the condition of the product so that there is not much contaminated that leads to the damage of groceries. The finished product is recommended to be stored in an airtight packaging container or stored in an air temperature that is not too hot. Or it could be placed in a refrigerator with a temperature of 5-10 °C. Or it should immediately be made to be forced to consume, because given the basic ingredients of the noodle maker does not use preservatives.

4. Sales and Promotions

Basically, the result of the process of making noodle from this yam can be marketed or promoted in the community. Remember also that people often consume without seeing whether the noodles are safe to be consumed or not. But with the promotion of healthy noodles, it is possible to make business opportunities that will bring profit. This promotion can be an explanation of healthy noodles and no preservatives of borax and formalin, so that the community may be interested because the consciousness will be a top priority in life. It is also explained that sales activities are defined as a simple concept to persuade customers to buy products sold in consumer (Westwood, 2013). Sales also contain promotional elements that constitute the whole of the marketing or sales system (Abdullah DKK, 2016). The increasing technology in Nganjuk is the opportunity for marketing and promotion. So it can be more practical to do so. The things offered are:

a) Promotion and sales may be able to cooperate with the service *He'eh Jek* in Nganjuk district which is the application of Ojek on line, e.i by entering the noodle products without Borax in the *Njajan* menu owned by PT *He'eh Jek*. So the selling is not only

limited to neighbors or families but can be recognized by the Nganjuk community in generally (wider range).

b) Promotion and sales on social media, such as Instagram, Whatsapp, Facebook and others. Considering the application is not only used by teenagers but also used by busy mothers and adults. Nowadays there are also many online shop for food, so it can be initiated for sales through by order with online Shope.

The above is an alternative solution that can be done for business and is a solutions to do business or pioneering efforts. With the implementation of a healthy noodle making training program with no preservatives as a form of devotion to the community, has added knowledge and skills to the health pioneers about the importance of healthy food that is far from borax or formaldehyde. In addition, soft skills to make healthy noodles without borax the pioneer will be increasing, so hopefully will be able to make healthy food besides yam noodles only.

Conclusion

From the training activities and practice of making healthy noodle without borax or formaldehyde can be taken inferences of interest in the making of healthy food among the community is very good and appreciated. In addition, knowledge and skills are acquired and upgraded after application or practice directly. The public awareness will be increased to healthy food without a growing number of questions and curiosity of the pioneers about the dangers and risks of consuming food that containing borax or formaldehyde. In addition, knowledge also grows especially in healthy food.

Acknowledgements

We would like to thank you so much for the support of the fund in East Java Provincial Health office that has been bridging with Nganjuk Health Department and with the Pioneers of Nganjuk Health for the

implementation of healthy food training activities.

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