
Efforts To Make Processed Food From Melon Fruit As An Alternative Business In Improving Family Welfare

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Abstract

Every family always expects economic prosperity. A family is said to be prosperous when it can fulfill all its basic needs. Apart from getting a regular salary, every family would expect to earn additional income to gain financial freedom or have economic sufficiency for family needs. Extra payment can be made by each family and possible through creativity and innovation. For homemakers in the urban environment, it is not impossible to help families in increasing income; through the process of processing fruit into fruit dodol, the economic empowerment of the family is carried out and is expected to be able to provide additional family income. Community service activities carried out by the UMG Postgraduate study program are to create a synergy between the availability of Melon fruit raw materials and the availability of Human Resources. This activity can provide an alternative to how processed foods from tropical fruits that are found in traditional markets can be an alternative business. This fruit's raw material is straightforward to find; elements of innovation and creativity are needed in processing it to be a food product that is worth selling or marketed. The activity of processing melons into dodol fruit is an effort to create added value. The recipe trial results have been carried out three times to produce sweet and legit dodol melons. The processed fruit dodol can be served as a snack in the afternoon or be treated at Eid. Efforts to create added value in this fruit can be an alternative for homemakers to increase family income. The creation of a community's economic sufficiency through family economic empowerment makes the city prosperous.

Keywords: Additional income, added value, community empowerment, Well-being.

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Introduction

East Java, primarily Ngawi Regency, is known as one of the largest Melon producing provinces. Melon (*Cucumis melo* L.) is a horticultural commodity widely cultivated and has a high level of consumption. Melons are widely consumed as fresh fruit, mixed drinks, desserts, and processed foods. As

one part of horticultural crops, Melon is an agricultural subsector that can support the farm sector. Horticultural farmers act as providers of employment and provide a source of community income. Data on melon harvest in East Java in the last 5 (five) years, as reported by Statistics, is presented in table 1 as follows:



Table 1.
Melon Production in East Java Province in the last 5 (five) years

No	Years	Ammount (Ton)
1	2014	57.681
2	2015	53.314
3	2016	53.314
4	2017	37.949
5	2018	40.823

Notes: BPS 2018-2019

The data above shows that the horticulture harvest in East Java's melons is relatively consistent, meaning that the presence of melons is always there every year. The East Java Provincial Government has made efforts to improve melon cultivation in several areas in East Java. For example, the Sidoarjo lebo area is one of the objects pursued by the government by increasing the quality of ordinary melons into super melons through cultivation (tribunnews, 2019). Even though melon production fluctuates every year, the availability of melons as raw material for fruit is always available and available in the market. Training and empowerment to the community through the use of melons as raw material for producing processed foods gives added value to the melons. The processed food products made from melons can grow dodol melons, which have enough opportunities to be marketed. The existence of processed food melon into melon jam and melon dodol has not been found on the market. This opportunity for homemakers in urban environments, if done in the form of a home-based business, will increase family income.

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The Family Welfare Education community organization is a forum for homemakers to develop social community aspects, kinship among fellow citizens. PKK groups in every RT and RW environment always exist and are programs that are empowered by the government in the form of social organizations that exist in the territory of Indonesia nationally (Collado, 1986). According to Moser (1993) that the empowerment strategy is not intended to create women superior to men despite realizing the importance of increasing power, but this approach identifies ability not as in the framework of one domination over another, but rather is more inclined in the capacity of women to increase independence and strength internal. Activities that are routinely carried out in the PKK agenda are regular meetings of members, social gatherings, socialization, and various product demonstrations. There are also savings and loans, so there are no productive activities or empowerment activities that can increase income. Based on the above phenomenon, the problems that may arise with PKK members' lack of actions that do not even produce enough are: 1) PKK members do not have alternatives to do productive and productive activities, 2). Not yet aware that business opportunities with melon raw materials can be taken because of the

availability of abundant raw materials. 3) The need for skill training to process dodol melon as an alternative food.

Method

The implementation method in empowering PKK members is through communication, socialization with online media, and the practice of making processed food products from melons through video recording. Implementation of activities involving several students. The processed food in the form of dodol melon is marketed through online media; furthermore, a positive consumer response will be made in production with a more significant amount.

In the communication process carried out by the lecture method with material points as follows:

1. Build community awareness to become a productive person.
2. Providing alternative business opportunities (Utilizing market demand where there are not many processed products made from melons. Products that have been found are jam from pineapple, papaya, strawberries so that this becomes an opportunity that can be sought can be an increase in family income),
3. Distribute recipes to process melons into dodol so that the melons have added value. The dodol melon recipe is as follows:






Table 2. Processing Procedures

Materials	:	Peel Melon and Pineapple weighing 1 (one) kilo, 1-ounce rice flour, Glutinous Rice Flour 3.5 ounces, 4 ounces of sugar or brown sugar, Coconut milk (3 items)
Processing method	:	<ul style="list-style-type: none"> ➤ Melon and Pineapple in a blender, drain ➤ Mix rice flour and glutinous rice flour, stir until










		<p>smooth.</p> <ul style="list-style-type: none"> ➤ Heat the sugar and coconut milk and stir well; wait for the coconut milk to release the oil. ➤ Mix the flour and fruit in the mixture until the mixture is smooth. Stir it for about 1.5 hours to get dodol. ➤ To improve the taste, can be added with sesame ➤ Wait a bit cold and can be packaged. ➤ Dodol is ready to serve
Packing	:	Dodol can be wrapped into a dish at the time of Eid or ordinary sliced without being covered.

4. Conducting practical training in making dodol online, the process of making dodol fruit:

1. Prepare pieces of Melon and pineapple	
	2. Weigh fruit as much as 1 (one) kilo
3. Blend fruit and drain	
	4. Prepare rice flour, glutinous rice flour, and granulated sugar
5. Mix all flour and stir well	



	<p>6. Prepare coconut milk from 3 coconuts</p>
<p>7. Heat coconut milk and coconut sugar and sugar, add fruit juice, and flour mixture</p>	
	<p>8. Stir the whole mixture until evenly and smooth</p>
<p>9. Stir constantly until cooked approximately 1.5 hours</p>	
	<p>10. Ripe dunkol put in a container ready to be printed/wrapped</p>
<p>11. Dodol is already packed</p>	
	<p>12. Ready to be treated on Eid day or other opportunities</p>

Results and Discussion

1. A family always expects to get additional income in addition to the basic income obtained every month for that, so an effort needs to be made to get it. This can be done through community empowerment, based on

increasing skills in making processed foods both by groups and individuals.

2. By understanding the existence of business opportunities in the food field, creativity creates added value in melons can be an alternative business by considering the abundance of melons on the market that can be

- processed into processed foods such as dodol melon and Melon jam.
3. Community empowerment is directed to improve the skills of the community, community groups, and individuals. Through collaboration between the city and universities, this activity can be realized.
 4. Through community efforts in increasing family income through community empowerment based on growing skills and creativity, it can produce processed products to be marketed into business opportunities that will have the opportunity to provide additional income and can improve family welfare.
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Conclusion

Efforts to achieve family welfare can be made through empowerment that involves cooperation between universities and the community through the synergy between raw material resources in the surrounding environment with skills and creativity in making processed food so that it can be an alternative to developing business opportunities for processed food based on Melon and producing additional income for the family and in the end, will create prosperity.

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