

## Healthy Canteen Management at State Elementary School

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### Abstract

The purpose of this research is to explain the management of a healthy canteen at state elementary school (SDN) 43 Seluma. This study takes a qualitative approach and employs a case study design. The principal of the teacher is the research's data source. school canteen vendors, student guardians, and students Data was gathered through observation techniques, interviews, and documentation studies. The data analysis technique was carried out in stages, including data reduction, data presentation, and verification or conclusion drawing. The study's findings show that: (1) the planning process for healthy canteens is carried out in stages, beginning with the identification of the need for healthy canteen services and progressing to the establishment of a schedule for healthy canteen activities; (2) organizing a healthy canteen is carried out by naming the person in charge of canteen management; (3) the implementation of a healthy canteen is managed by the school and the canteen keeper; and (4) healthy canteen supervision will be carried out both internally by the school and externally by involving stakeholders such as community Health centers (Puskesmas).

**Keywords:** healthy canteen; management and school canteen

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## INTRODUCTION

An educational institution is one that society requires all of the time. With the condition of schools that have a large number of students, it is necessary to seek the seventh element in special service management so that educational implementation can run smoothly and well. A school canteen is required as a support to meet educational needs in accordance with student growth and development so that the teaching and learning process can take place properly. Students' health and nutrition can also have an impact on their potential development. Students who are physically and mentally healthy can develop their potential. Healthy students' potential will undoubtedly be easier to develop because existing health barriers will not affect them. Students' health can be improved by providing nutritious food and maintaining a healthy environment. Healthy food, according to Adriani and Wirjatmadi (2013), is food that contains nutrients that are beneficial to the body. Providing a healthy and nutritious school canteen is an important step toward achieving a healthy community life, particularly for the school community. As a result, the school canteen plays a critical role in providing students with nutritious food or snacks. A healthy canteen, the

use of a good hygienic system related to how the canteen can maintain the cleanliness of its snacks, all influence healthy and safe food for students during their growth period.

Schools are responsible for ensuring food safety in the school canteen. As a result, the school must pay close attention to canteen management in order to ensure that school residents receive safe, high-quality, and nutritious food. It is hoped that the canteen manager will be able to control the school canteen and consult with the POM Office, the Environment Service, and the health Center about healthy and nutritious food and drinks in the context of student growth and development. Management is the process of effectively and efficiently utilizing resources to achieve goals. Planning, organizing, implementing, and monitoring are required to achieve these objectives. The role of educational unit support facilities is undeniably important. As a much-needed facility in schools, the school canteen serves two primary functions. First, consider the role of school residents' health. Both roles in education are important.

One of the most important aspects of the educational process is the health of the students. The health of a person will undoubtedly influence their effectiveness in the teaching and learning process. When one's health is compromised, no activity is possible. Adequate food and nutritional intake are one of the keys to maintaining a person's health.

In general, the purpose of this research is to describe the management of a healthy canteen at SDN 43 Seluma in terms of (1) planning a healthy canteen, (2) organizing a healthy canteen, (3) implementing a healthy canteen, and (4) supervising a healthy canteen.

## **METHODS**

Because it wants to know and describe information about the management of a healthy canteen, the method used is a qualitative approach with a case study research design. Data was collected through observation, interviews, and documentation. Following the collection of all data, data analysis was performed using an interactive data pattern developed by Miles & Huberman (1994), which included data reduction, data presentation, and drawing conclusions.

Drawing conclusions is the final stage of data analysis, which results in new discoveries in research. Conclusions were drawn by considering and reviewing the neutrality of the data interpretation, as well as considering and reviewing whether the observations had been carried out consistently and whether the data obtained were sufficient to illustrate the management of a healthy canteen. Testing is used to ensure that the information obtained is correct, solid, and matches the meanings that emerge from the data.

## **FINDING AND DISCUSSIONS**

### **Management of a Healthy School Canteen**

The presence of a healthy canteen in schools necessitates serious management in its implementation; there are at least two patterns of healthy canteen management in schools, which are as follows: 1) internal school management of healthy canteens: the school's internal implementation of a healthy canteen can be divided into three management patterns: a) the school manages everything. Schools have complete control over healthy canteens in their buildings. Typically, the school will implement this pattern through its canteen, which is managed by the school's kitchen staff. Schools, for example, assign kitchen staff to meet students' nutritional needs through the school canteen. With the use of this pattern, schools assume full responsibility for managing the school canteen, from preparing food ingredients to be sold or provided in the canteen to providing canteen facilities. b) pattern of Rental: This pattern is commonly used in many Indonesian schools. The school rents out canteen stalls to food vendors and collects stall rental fees. This pattern is thought to be the simplest to complete. Of course, when implementing a

healthy canteen at school, food vendors must be carefully selected and must adhere to school regulations when serving and selling food in the canteen. c) profit distribution pattern: the profit-sharing arrangement is mutually agreed upon by the school and the food vendor. As with the rental pattern, only food vendors who meet the criteria and are committed to selling healthy food by processing healthy food and working with the school will be permitted to work with the school. And 2) third-party management: the school canteen can also be managed by a third party, either a company or an individual with previous experience managing a school canteen. The education unit, as the owner of the school canteen, provides all necessary facilities, including the kitchen where food is prepared, cooking utensils, and a place to serve food. Meanwhile, third parties are permitted to manage the overall canteen operations, including processing, serving, and selling all food and beverages. Third parties coordinate canteen management in its implementation so that canteen management is in accordance with school healthy canteen standards. Because the canteen is run by only one manager, this management pattern makes it much easier for the education unit to control its operations. Typically, educational institutions charge only for electricity, water, and canteen cleaning.

### **Planning a Healthy Canteen**

According to the research findings, the management of a healthy canteen at SDN 43 Seluma includes the following steps: (a) identifying the need for healthy canteen services, (b) establishing a budget for the implementation of a healthy canteen, (c) determining healthy canteen facilities, and (d) establishing a schedule for canteen activities. healthy. The findings of this study support Gibson's (Sagala, 2012) opinion that "planning includes activities to determine goals and appropriate tools to achieve predetermined goals". Planning is the result of a school-wide agreement on what the organization must accomplish. In order to achieve the desired results, an agency/institution must carry out programmatic planning. According to Hanum and Latifah (2019) Standard Procedures for Management of Healthy School Canteens, planning for healthy canteen services must consider: (a) the division of tasks for teachers appointed as coordinators and implementing members of healthy canteens; (b) planning for the construction of a healthy canteen and the provision of supporting infrastructure; and (c) establishing an MOU/Memorandum of Understanding between the school and food handlers/food sellers; (d) the signing of an MOU/Memorandum of Understanding between the school and food handlers/food sellers; and (e) canteen sellers are required to attend nutritionist, health office, and MUI training on healthy and halal canteens. When organizing a healthy canteen in a school, it must be adjusted to applicable standards, such as the availability of an adequate and sufficient canteen room area to serve as a location/place to sell food and drinks, the availability of clean water channels that can be used by canteen managers and guards to wash hands and clean food and beverage utensils, and the availability of clean food and beverage utensils.

According to Februhartanty et al. (2018), in order to organize optimal school healthy canteen activities, the facilities that are the basic requirements that schools must have been: (1) the availability of canteen space or a sufficient area for the sale of food and beverages; and (2) the availability of adequate clean water facilities to support hygiene and sanitation activities in the canteen. Then, according to Februhartanty, food and beverage sellers are people who prepare, process, and serve food and beverages to customers. As a result, when preparing food, the seller must wear clean clothes and have clean hands. Sellers must be hygienic when handling and serving food to avoid food contamination, such as having short and clean fingernails. Health and the environment are inextricably linked. As a result, deciding on a location for healthy canteen activities is critical, because teaching and learning activities will be disrupted if they are held in an unhealthy environment. A clean and comfortable environment, on the other hand, will facilitate the smooth implementation of teaching and learning activities. According to Hanum and Latifah

(2019), the school plays an important role in implementing a healthy canteen development program in accordance with the Minister of Health's Decree in 2006, so that school residents can choose healthy, safe food. It is hoped that by providing a school canteen, students will refrain from snacking outside of school during school hours. Given the importance of the canteen, school administrators and the local government should pay close attention to canteen management in order to locate a canteen that meets hygiene requirements and is not located near temporary waste disposal sites or toilets. Then, according to Soemanto (2012), the environment has a significant impact on the growth process. Temperature, food, nutritional conditions, vitamins, minerals, physical health, activity, and other factors all have a significant impact on growth. That is, the presence of a healthy canteen is critical to supporting students' effectiveness in the learning process at school. According to Novariska, (2004), the nutritional content of snack foods varies depending on the type, as we all know, there are main meals, snacks, and drinks. The number of snacks consumed will contribute nutrients to a person's nutritional status. Furthermore, Yusuf et al. (2008) stated that the habit of snacking at school is very beneficial if the food purchased already meets health requirements, as it can supplement or increase children's nutritional needs. Furthermore, it is to prevent late eating because the child will feel hungry every 3-4 hours after eating. If the child is hungry, it will interfere with his concentration, and he will be unable to refocus his mind on the lessons given by the teacher in his class (Mavidayanti & Mardiana, 2016).

### **Organization of a Healthy Canteen**

The results of the research on organizing a healthy canteen at SDN 43 Seluma were carried out by the principal determining the person in charge of the canteen and one of the teachers at SDN 43 Seluma determining the person in charge of managing the canteen. Furthermore, the school collaborates with outside parties, specifically the puskesmas, in the process of supervising healthy canteens. Allen (in Daryanto and Farid, 2013) reveals organizing as a process of organizing and linking the work to be done, so that organizational tasks can be completed effectively and efficiently by people.

### **Implementation of a Healthy Canteen**

The school's canteen managers and canteen guards carried out the research on the implementation of a healthy canteen at SDN 43 Seluma. Canteen managers and guards collaborate and are committed to providing healthy and nutritious food and drinks in order to provide energy for anyone who consumes it, particularly students at school, thereby indirectly supporting the smooth operation of learning activities in schools by equipping students to consume healthy and nutritious food and drink.

Then, Februhartanty revealed that the School Healthy Canteen is a health-promoting activity unit in schools. As a result, a healthy canteen must be able to provide students and other school members with healthy main or light meals that are Nutritious, Hygienic, and Safe for Consumption. Furthermore, Hanum and Latifah (2019) stated that when implementing healthy canteen services in schools, periodic checks on the quality of canteen food must be performed. Food quality must be evaluated because the school canteen is one of the methods used to provide nutrition education to students. Nutrition education is essential for assisting students in developing healthy eating habits and preventing health problems during the school day.

### **Supervision of a Healthy Canteen**

The findings of the study on the supervision of healthy canteens at SDN 43 Seluma include both internal (school) and external (Puskesmas) supervision in order to monitor and direct healthy canteen managers in providing food and drinks suitable for consumption, both in terms of

cleanliness, processing, and health insurance for food consumed by students at school. Internal and external school supervision is used to oversee healthy canteen services on a regular basis.

SDN 43 Seluma took the following steps to create a Healthy Canteen: 1) Collaborate with others interested in healthy school canteens, such as the Seluma Health Center; 2) To appoint and supervise the person in charge of canteen management (delegating teachers) to the Puskesmas. They can also serve as outside supervisors; 3) The school providing information to canteen sellers about placing food in closed containers, reducing the use of plastic as food wrappers, and keeping the canteen clean; 4) The canteen is located far from garbage disposal, there are no puddles or dry areas, and it is far from toilets; and 5) Conduct periodic inspections by the school and outside parties, namely the puskesmas.

Healthy canteen services at SDN 43 Seluma have not been properly implemented. However, the school principal provides support in the form of policies that support the smooth operation of a healthy canteen, as well as continuous directions from the principal to all residents of SDN 43 Seluma, so that a healthy canteen will gradually run well.



Figure 1. Canteen of SDN 43 Seluma

### **Factors Supporting and Inhibiting Healthy Canteen Management at SDN 43 Seluma**

Factors that contribute to healthy canteen management at SDN 43 Seluma include: 1) Placement of canteens in areas away from garbage disposal, puddles of water, and toilets; 2) Internal parties, namely schools, and external parties, namely puskesmas, supervise healthy canteens; 3) The school has provided canteen services, such as canteen stalls and clean water; and 4) Providing information about healthy canteens, such as keeping the canteen clean, storing food sold in closed containers, reducing the use of plastic as food wrappers, and so on, by the school and external parties, such as health centers.



Figure 2. Snacks in the canteen

The following are the impediments to managing healthy canteens at SDN 43 Seluma: 1) There is no information or advice from the Seluma District Education Office about the reopening of the school canteen; 2) Because there is no canteen organizational structure, there is also no written healthy canteen program; and 3) The school's canteen stall was damaged as a result of not being used since the pandemic until now.



Figure 3. The canteen is no longer operational

### **How to Overcome Obstacles**

*First*, by providing periodic guidance on healthy canteens, canteen managers' spirits will be lifted and they will be able to carry out their duties as effectively as possible. *Second*, ensure that certain parties work well together. *Third*, by providing guidance to both individuals and groups, SDN 43 Seluma canteen managers' knowledge is being expanded.

### **CONCLUSION**

Based on the findings of this study, it is possible to conclude that: (1) planning for a healthy canteen is carried out in several stages, including (a) identifying the need for healthy canteen services, (b) determining healthy canteen facilities, and (c) determining a schedule for healthy canteen activities; and (2) the organization of a healthy canteen is carried out by determining the person in charge of the canteen by the principal and the person in charge of canteen management by one of the Furthermore, the school collaborates with outside parties, specifically the puskesmas, in the process of supervising healthy canteens. (3) Canteen managers and the school are in charge of implementing a healthy canteen. School administrators and administrators coordinate and are committed to providing healthy and nutritious food and drinks suitable for consumption by school residents; and (4) monitoring and supervision of healthy canteens is carried out by the school (internal) and external supervision by involving stakeholders, namely the puskesmas, to monitor and supervise food and beverages suitable for consumption, both from the cleanliness of their processing and health insurance for the students.

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