

Empowering Mothers Through Socialization and Demonstration of Making Mackerel Fish Nuggets and Sweet Potato Pudding for Babies and Toddlers in Kramat Village

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ABSTRACT

Presidential Regulation No. 81 of 2024 concerning the acceleration of food diversification based on local resource potential towards the urgency of national food security. Where The community can empower local food ingredients to be modified. This service aims to empower mothers who have babies and toddlers, namely by providing knowledge and improving skills in processing additional food based on local food in this case sweet potatoes and mackerel into processed products that are quite trendy, flavorful and nutritious, namely pudding and nuggets. The method used was demonstration and socialization with 13 participants. The results of the participants experienced an increase in knowledge of cadres and mothers who have babies and toddlers.

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INTRODUCTION

Kramat Village is a village in the Kramatwatu sub-district, where Kramatwatu sub-district is an area consisting of rice fields and coast. So this area has adequate natural potential. One of them is sweet potato plants, sweet potatoes consisting of various types, one of which is yellow sweet potatoes. Serang is a center for sweet potato production.(1)

Sweet potatoes are plants that grow easily anywhere so they are familiar, easy to find and have an economical price. The nutritional content of sweet potatoes includes fiber, calcium and antioxidants in the form of phenolic acid, beta-carotene, tocopherol and anthocyanin which can increase the nutritional value of food products.(2)

Apart from the rice fields of Kramat Village which is located in Kramatwatu sub-district where Kramatwatu District has a coastal area, namely in Teluk Terate Village, the village borders the Banten Bay sea. The Banten Bay sea is part of the Sunda Strait, the Sunda Strait has the potential to be a source for the fisheries sector. This is because the Sunda Strait is a meeting point between the Indian Ocean and the Java Sea which is a source of nutrients. Lemuru fish, tuna, mackerel are fish found in the Sunda Strait waters, and mackerel is one of the most fish caught by fishermen in the area. In addition, mackerel has economic value and has quite high nutrition.(3)

Mackerel contains 18.54% protein, 0.59% fat, 2.91% carbohydrate, 76.47% water and 1.48% ash (Azri, 2014). Mackerel has several advantages, namely its price is relatively cheap and has good nutritional value,

namely water (71.4 g), energy (cal) 125, protein (g) 721.3, fat (g) 3.4, carbohydrate (9g) 2.2, calcium (mg) 136, phosphorus (mg) 69, iron (mg) 0.8, sodium (mg) 214, copper (mg) 0.20, zinc (mg) 1.1.(4)

The two local potentials, namely sweet potatoes and mackerel, have adequate nutritional content and low economic value, so they can be used as complementary foods for infants and toddlers. This answers the challenge of the President of the Republic of Indonesia in 2024 through Presidential Regulation No. 81 of 2024 concerning the acceleration of food diversification based on local resource potential for the urgency of national food security. The Presidential Regulation requires food based on local resource potential, strengthening the local food industry. Where The community can empower local food ingredients to be modified for personal consumption and even become a local food industry, in this case creating MSMEs.(5)

The two local potentials, namely sweet potatoes and mackerel, which have good quality local food ingredients, based on research results, will cause problems in the growth and development of children if they are given complementary foods with poor quality or not diverse, even though the amount and quantity are in accordance with the standards, this will result in a deficiency of certain nutrients which will affect the growth and development process of toddlers.(6)

The two local food potentials through empowerment activities of mothers who have toddlers, are modified, modifications are made to improve the food in terms of taste, color and aroma, texture, technique, shape, in this case sweet potatoes and mackerel into sweet potato pudding and mackerel nuggets . Where pudding and nuggets are foods that are popular with children and are easy to consume because they have a soft texture.(7)

In addition to being popular because of its soft texture, pudding has an attractive shape, delicious taste but has a number of benefits including one of the main benefits of pudding is its ability to smooth the digestive process and help the metabolic system in the body, especially after receiving heavy food. Sweet potatoes that have a sweet taste, are suitable to be modified into pudding, for small children who are still growing, pudding can provide high food intake with a favorite taste, thus helping to meet their nutritional needs and easy to digest.(8)

In addition, nuggets are one of the favorite foods. Food that is identical to a savory taste, coupled with the characteristics of mackerel, namely having red fish meat and a strong or savory taste, so that it adds to the deliciousness of food modifications.(9)

By modifying these two local food ingredients into more varied and attractive side dishes, it is hoped that this will change the public's image of sweet potatoes and mackerel, which have economic value but can be modified into various processed products that are quite trendy. flavorful and nutritious, so there is no need to use hard-to-find ingredients to make side dishes.

METHOD

This community service activity was carried out in Kramat Village , Kramatwatu District , Serang Regency, Banten Province on January 29, 2024. This activity was carried out to empower mothers who have babies and toddlers, namely by providing knowledge and improving skills in processing additional foods based on local food, in this case sweet potatoes and mackerel into processed products that are quite trendy. flavorful and nutritious, namely pudding and nuggets .

A. Stages activity

1. Counseling and creation food addition with material local food
2. Stage making demonstration instruments namely book pocket , at the stage This Later will given book pocket about making sweet potato pudding and puffed nuggets .

B. Approach Community service

1. The approach used is a demonstration model , counseling
2. Give demonstration making food addition with material local food cadres integrated health post and mothers who have babies and toddlers with material local food , namely sweet potato pudding and puffed nuggets .
3. Question and answer around material
4. Evaluation activity

RESULTS

The location of this community service in Kramat Village, Kramatwatu District, Serang Regency, Banten Province was carried out on Monday, January 29, 2024. Participants in this counseling were posyandu cadres and mothers who had babies and toddlers with 13 participants. This activity took place from 09.00 to 11.00.



Figure 1. Demonstration of Making Mackerel Fish Nuggets and Sweet Potato Pudding



Figure 2. Mackerel Fish Nuggets and Sweet Potato Pudding



Figure 3. Participants in the Socialization

This activity empowers mothers who have babies and toddlers by providing knowledge and improving skills in processing additional food based on local food, in this case sweet potatoes and mackerel, into trendy processed products . flavorful and nutritious, namely pudding and nuggets .

Based on interviews with cadre mothers and mothers who have toddlers who attended the previous socialization, they did not know about the processing of complementary foods that can be processed from local raw materials, they assumed that sweet potatoes and mackerel could only be consumed by adults. With this socialization, they felt enthusiastic, so far they only knew how to process complementary foods from certain ingredients, such as meat, chicken, eggs.

Several research results state that by using the demonstration method of making complementary feeding for 6-month-old babies, the mother's skills can change the mother's skills in making complementary feeding.

The efforts made, namely demonstrations and socialization, were proven by evaluation in the form of questions and answers. Mothers experienced an increase in knowledge, as evidenced by their ability to answer questions asked by the resource person.(10)

The results of other studies state that there is an effect of mackerel (*rastrelliger*) on the weight of the fetus in female white rats (*rattus norvegicus*) anemia. Likewise, in the consumption of sweet potatoes, there is an effect of giving sweet potato consumption on increasing hemoglobin levels in pregnant women in TM I-III at the Independent Practice of Midwife Dewi Anggraeni, SST Krui Pesisir Barat in 2021.(11)

The results of both studies state that they can overcome anemia, meaning that both local food ingredients can overcome anemia, that both have high nutritional content so they can overcome nutritional problems.

CONCLUSION

After the socialization and demonstration, it can be concluded that the increase in knowledge of cadres and mothers who have babies and toddlers has increased, they can start to use local food ingredients that are safe, cheap and easy to find in accordance with government directives, namely Presidential Regulation No. 81 of 2024 concerning the acceleration of food diversification based on local resource potential.

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