

Menggali Potensi Pelaksanaan Praktik Food Sharing dalam Upaya Pengurangan Sampah Makanan Studi Kasus Dua Kecamatan di Kota Depok Tahun 2024 = Exploring the Potential Implementation of Food Sharing Practices as Food Waste Reduction Efforts: A Case Study of Two Sub-districts in Depok City 2024

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Abstrak

Pendahuluan: Limbah makanan menjadi isu global di tengah meningkatnya kekhawatiran akan kelaparan di beberapa negara. Indonesia termasuk ke dalam 5 negara penghasil sampah makanan terbesar di dunia dan merupakan negara penghasil sampah terbanyak di Asia Tenggara. Sampah makanan menimbulkan banyak kerugian dari sektor ekonomi, lingkungan dan kesehatan. Dibutuhkan upaya untuk mencegah timbulnya sampah makanan tersebut. Upaya yang paling utama yaitu mencegah pada sumbernya dengan membatasi produksi makanan berlebih dan ketika terjadi surplus makanan, upaya terbaik yang dapat dilakukan adalah mendistribusikan kembali makanan tersebut untuk dikonsumsi. Praktik untuk mendistribusikan kembali makanan berlebih ini disebut praktik food sharing.

Tujuan: Praktik food sharing ini belum banyak diterapkan di Indonesia, salah satunya kota Depok. Sehingga dibutuhkan penelitian untuk menggali informasi terkait potensi penerapan praktik food sharing di Kota Depok.

Metode: Penelitian ini adalah penelitian kualitatif dengan desain deskriptif.

Hasil: Informan belum mengetahui terkait konsep food sharing namun memiliki sikap yang positif terhadap konsep ini. Fasilitas Restoran dan Panti asuhan memadai sedangkan fasilitas mediator tidak memadai.

Kemudian kerja sama lintas sektor juga belum terlaksana untuk penerapan food sharing. Kebijakan dari Pemerintah daerah untuk pengelolaan makanan berlebih belum ada di Kota Depok. Hal-hal inilah yang melatarbelakangi belum terlaksananya praktik food sharing secara melembaga di Kota Depok.

Kesimpulan: Praktik food sharing secara melembaga belum diterapkan di Kota Depok. Namun, praktik food sharing telah diterapkan yaitu apabila ada makanan yang berlebih diberikan kepada Karyawan. Faktor pengetahuan, ketersediaan dan kelayakan makanan merupakan hambatan utama untuk potensi pelaksanaan praktik food sharing di Kota Depok.

.....Introduction: Food waste is becoming a global issue amidst growing hunger concerns in several countries. Indonesia is one of the top 5 food waste generating countries in the world and the top waste generating country in Southeast Asia. The negative impacts of food waste are felt economically, environmentally, and in terms of health. Consequently, efforts are necessary to prevent food waste. The main focus should be on preventing it at the source by reducing the production of excess food, and when surplus occurs, the distribution of food for the next consumption becomes crucial.

Objectives: This redistribution practice is known as food sharing. Unfortunately, the practice of food sharing has not been widely adopted in Indonesia, including in Depok city. Therefore, research is needed to explore information related to the potential application of Food Sharing practices in Depok City.

Methods: This study was a qualitative study with a descriptive design.

Results: Informants were unfamiliar with the concept of food sharing but had a positive attitude towards this

concept. Restaurant and orphanage facilities showed readiness in implementing the Food Sharing practices while mediator facilities showed unreadiness. There was no cross-sectoral cooperation available for further implementation of Food Sharing. Furthermore, there was a lack of local government policy for surplus food management in Depok City, caused no Food Sharing practices have been implemented in this area.

Conclusion: In Depok City, there has been no adoption of institutionalized food sharing practices. However, the practice of food sharing has been implemented, if there is surplus food, it is distributed to the employees. The main barriers to the potential implementation of food sharing practices in Depok City were the lack of awareness, accessibility, and suitability of the food.