

Community Empowerment for Sustainable Development Goals

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Dr. Ir. Aniek Iriany, M.P., David Sedláček

Penerbit Universitas Muhammadiyah Malang
Jl. Raya Tlogomas No. 246 Malang 65144
Telepon: 0812 1612 6067, (0341) 464318 Psw. 140
Fax. (0341) 460435
E-mail: ummpress@umm.ac.id
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PREFACE

Assalamu'alaikum warahmatullahi wabarakatuh.

Alhamdulillahirrabbi'alam, very grateful to Allah SWT., because the International Seminar on Community Empowerment Program 2023 can be carried out properly. This seminar was themed "Community Empowerment for Sustainable Development Goals" which was held in the framework of routine activities of the Directorate of Research and Community Service, University of Muhammadiyah Malang.

In this international seminar, the results of service carried out by devotees from various higher education Institutions were presented. The results of the seminar are then documented in these proceedings.

The seminar can be carried out successfully with the help of many parties. Therefore, we would like to thank many parties who have helped organize this seminar.

We realize that there are still many shortcomings in the preparation of the proceedings of this international seminar so that suggestions and constructive criticism are needed. Hopefully this proceedings are useful for readers and those in need.

Wassalamu'alaikum warahmatullahi wabarakatuh.

Malang, October 2023

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COCONUT DREGS FLOUR MAKING TRAINING FOR MEMBERS OF “RESTU IBU” WASTE BANK

¹Gita Indah Budiarti, ¹Endah Sulistiawati, ¹Rachma Tia Evitasari,
²Olivi Sabilla Sa’dani

¹chemical engineering study program, faculty of industrial technology, ahmad dahlan university, Yogyakarta

²accounting study program, faculty of economics and business, ahmad dahlan university, Yogyakarta

email: gita.indah@che.uad.ac.id

Abstract

The "Restu Ibu" Sambilegi waste bank has several products, the problem faced is the lack of a product marketing strategy. The products produced are limited to processed plastic waste which is processed by sewing. If the product is more innovative, the buyer will be more interested. In addition to plastic waste, there is also household waste in the form of coconut dregs. Coconut dregs has the potential as an alternative raw material for flour substitution. The purpose of this service program is to provide training to mothers who are members of the "Restu Ibu" waste bank to improve the skills and welfare of the community and the income of the waste bank. The solutions offered by the team support the roadmap in the health section on applied chemical technology innovation (training on making coconut dregs flour. The implementation method uses counseling and hands-on practice. The activity will be held on July 30, 2023.

Keywords: coconut dregs; training; Restu Ibu; Waste Bank

INTRODUCTION

Sambilegi Lor is one of the hamlets in Maguwoharjo Village, Depok, Sleman, Yogyakarta. The number of RTs in Sambilegi Lor hamlet is 7, with 214 heads of households (KK). The total population is 2411, 1226 men, while 1185 women (Kalurahan Sleman, 2023).

The “Restu Ibu” waste bank is one of the waste banks in Sambilegi. This garbage bank was established in 2017 with 10 management and 102 families (KK) customers. The waste bank currently has assets in the form of 2 sewing machines, 2 scales and 2 carts which were a grant from the Sleman Environment and Forestry Service, DIY. The location of the “Restu Ibu” waste bank is presented in Figure 1.



Figure 1. Location of the "Restu Ibu" Garbage Bank

The waste bank has problems regarding products that are less innovative and marketing that is not yet extensive. The waste collected in this waste bank is household waste such as plastic and coconut dregs. This waste bank has several products, the problem faced is the lack of a product marketing strategy. The products produced are limited to processed plastic waste which is processed by sewing. If the product is more innovative, the buyer will be more interested. In addition to plastic waste, there is also household waste in the form of coconut dregs. Coconut dregs has the potential as an alternative raw material for flour substitution. Flour from coconut dregs is safer for consumption by people with diabetes and obesity because it is gluten free (Endah; Sulistiawati & Santosa, 2015) .

Sambilegi Hamlet, Muguwoharjo Village, Depok District, Sleman is close to Yogyakarta Adi Sucipto International Airport, Transmart, and hotels that have the potential to be visited by migrants from outside Yogyakarta. Maguwoharjo Village is one of the villages in Depok District which has an area of 15.01 km² . Adi Sucipto Airport and Transmart mall which are frequently visited by local and foreign tourists. The "Restu Ibu" waste bank has the opportunity to market its products here. The purpose of this service program is to provide training to mothers who are members of the "Restu Ibu" waste bank to improve skills and promotional abilities to improve community welfare and waste bank income.

MATERIALS AND METHODS OF IMPLEMENTATION

Food nutrition is needed to maintain immunity. Nutrition can be obtained from healthy foods such as gluten-free noodles combined with vegetable extracts. Gluten free noodles are noodles made from flour that does not contain gluten. Besides noodles, there are also processed cakes that use non-wheat flour, such as muffins, brownies, cakes, etc. Raw materials that can be used to make this flour include mocaf (Endah Sulistiawati, 2014), potatoes (Budiarti & Sulistiawati, 2019) , pumpkin (Budiarti, Wulandari, Mutmaina, & Sulistiawati, 2020) , taro. Coconut flour is one of the products obtained from desiccated coconut meat. The oil content produced depends on the maturity level of the coconuts. Heating affects the nutrition of coconut

flour. Dietary fiber content per 100 g of dry grated coconut is 11.2 - 13.3 g, protein content is 5.9 - 7.1g/100g, oil content is 65.0 - 66.6 g/100g, total carbohydrates are 22.9 - 24.3g/100g (Kumalasari, Santosa, & Sulistiawati, 2020). The resulting coconut flour has not been separated from the oil. It needs to be pressed to separate the oil from the flour (Santosa, Sulistiawati, Kumalasari, & Suhendra, 2019).

Coconut dregs is waste from the VCO industry. Coconut dregs waste is usually only used for animal feed. The nutritional content of coconut dregs which is still quite a lot can be used as flour to substitute wheat (Pusuma, Praptiningsih, & Chiron, 2018; Putri, M. F., 2014; Rousmaliana, 2019; Sudirman & Ninsix, 2015; Sudrajat & Kardaya, 2016; Widiastuti, Mulyati, & Septiani, 2015; Yulvianti, Ernayati, Tarsono, & R, 2015). The physicochemical properties of coconut dregs flour according to research on drying 6 hours were 2.38% water content, 86.85% carbohydrate content, 7.84% fat content, 0.45% ash content, 2.15% protein content, 77 degrees of whiteness, 80% and 20.21% yield (Azis & Akolo, 2018).

The press tool must be as good as possible so that the remaining oil content is minimal. The coconut dregs are then heated (roasted) in a pan until dry. The temperature in the heating process in the pan is measured every 10 minutes using a digital thermometer. Moisture content of coconut dregs is known by measuring grain tester, also recorded every 10 minutes. Coconut dregs is considered dry if the water content meter shows zero. Furthermore, the dregs that have been dried are ground in a grinder until smooth, and sieved. The flour obtained was weighed (Endah; Sulistiawati & Santosa, 2015).

The implementation method uses counseling and training or demonstrations. Implementation is carried out offline. The counseling method is used to provide additional knowledge to participants. After counseling, it is followed by training or hands-on practice to increase the skills of the participants. Evaluation of the results is given after the training is complete. Evaluation aims to determine the achievement of increased understanding and skills of participants. This training includes counseling on making coconut dregs flour then followed by practice by the participants (400 minutes). This activity will be held on July 30 2023. This activity will be assisted technically (implementation and documentation) by 3 students.

RESULTS AND DISCUSSION

The training participants totaled 20 people with an age range of 40-60 years, female and on average housewives. The training was preceded by an explanation of the theory of making coconut dregs shell by the team. Prior to the training, participants used coconut dregs as chicken (livestock) feed and mopped the tiles (Figure 2). Participants have never used coconut dregs as flour. There are 3 questions given regarding knowledge, namely equipment, how to make and benefits of coconut dregs flour (Figure 3). The increase in knowledge about equipment increased by 53%. Knowledge of how to make flour 79%. Knowledge about the benefits of coconut dregs flour increased by 95%. The increase in scores on the post test showed that this training increased the participants' knowledge about coconut dregs flour. Participants conveyed that they would practice making this flour at home as a substitute for wheat flour. Training photos are presented in Figure 4-5.

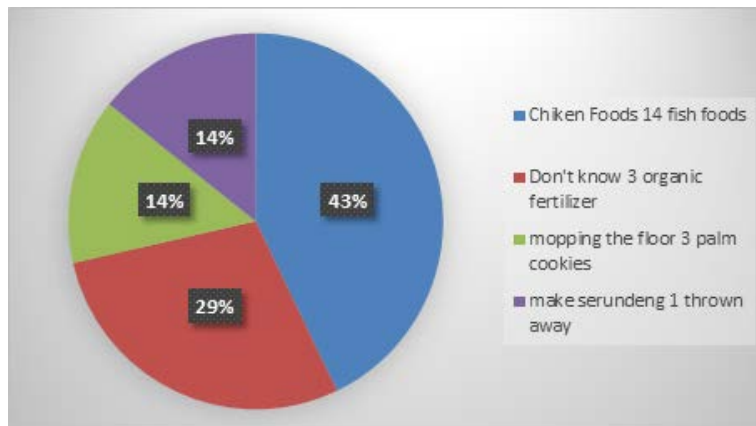


Figure 2. Utilization of Coconut Dregs Before Training

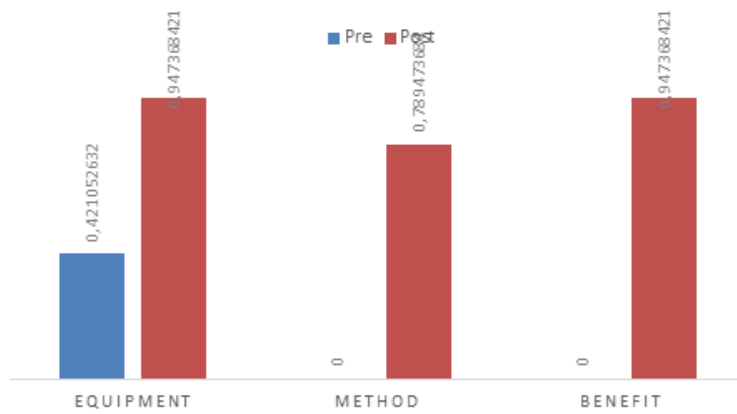


Figure 3. Knowledge Improvement Measurement



Figure 4. Training Process



Figure 5. Product Coconut Dregs Flour

CONCLUSIONS AND RECOMMENDATIONS

Based on the training that has been carried out, it can be concluded that the participants experienced an increase in skills and knowledge regarding the manufacture of coconut dregs flour.

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