Environmental Sanitation and Health “Nasi Sek” (Seribu Kenyang) Restaurant in Gandoriah Beach Pariaman City

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Abstract. The role of restaurants as food and beverage providers must have proper environmental sanitation and health requirement. This research carried out at the restaurant "Nasi Sek" (Seribu Kenyang), which was around Gandoriah Beach, Pariaman City. The purpose of this study was to decide the feasibility of environmental sanitation and the health of the restaurant "Nasi Sek" (Seribu Kenyang). "Nasi Sek" (Seribu Kenyang) is located around the Gandoriah Beach tourism object in Pariaman City. The feasibility was evaluated from the view of building aspects, food conditions, food processing equipment, kitchen, sanitation, and hygiene facilities. This study uses the method of direct observation and then analyzed descriptively referring to the Regulation of the Minister of Health of the Republic of Indonesia Number 1098 of 2003 on sanitation requirements for restaurant hygiene and restaurant sanitation. Subject research is restaurants around Gandoriah Beach. The results showed that the restaurant "Nasi Sek" (Seribu Kenyang) around the Gandoriah beach in Pariaman City had not fulfilled the feasibility of sanitation and health of the restaurant environment. From the aspect of the building that was not permanent and the condition of the restaurant floor that did not meet standards, The chef or food handler at the restaurant around Gadoriah Beach did not fulfill the requirements of the Minister of Health Decree in 2003. Suggestions for relevant agencies to supervise and guide restaurants in Gandoriah Beach can improve sanitation hygiene and restaurant environment health.

1. Introduction

Health Minister Regulation of the Republic of Indonesia Number 1098 of 2003 on restaurant and restaurant sanitation hygiene requirements states that each restaurant must have a sanitation hygiene feasibility certificate issued by the health department. Therefore, the restaurant must have the aspects regulated in handling food and beverages include food handlers, equipment, water, food ingredients, presentation, and placement facilities [1]. These six aspects significantly affect the quality of the food. The role of restaurants as food and beverage providers must have proper environmental sanitation and health requirement because if the restaurant does not pay attention to hygiene and environmental health, it can cause various kinds of diseases. Especially for restaurants located in tourist areas which are generally visited by tourists, they should pay more attention to the conditions of sanitation and the health of the surrounding environment.
Tourists often visit one tourist attraction at the weekend in the city of Pariaman, Gandoriah Beach. So, many restaurants run by the surrounding community known as "Nasi Sek" (Seribu Kenyang) around Gandoriah Beach, which is typical of restaurants around Gandoriah Beach. This study aims to decide feasibility sanitation and health of the restaurants' environment "Nasi Sek" (Seribu Kenyang), which located around the Gandoriah Beach tourism object in Pariaman City.

2. Methods
The location of the study at restaurants around Gandoriah Beach, City of Pariaman, West Sumatra Province and was held in September 2018. The research subjects were restaurants, "Nasi Sek" (Seribu Kenyang) that was around Gandoriah beach. This research is an observational study using a descriptive design. Data collection through direct observation of the field by using questionnaires. The purpose and consideration of sampling in this study are that the sample is willing the subject of research and sell around Gandoriah Beach. Data were analyzed descriptively by referring to the Regulation of the Minister of Health of the Republic of Indonesia Number 1098 of 2003 concerning sanitation requirements for restaurant and restaurant sanitation and then presented in the table.

3. Results and discussion
3.1. Building
Condition of the restaurants building "Nasi Sek" (Seribu Kenyang) around Gandoriah Beach, Pariaman City, based on the five samples carried out, can be seen in table 1.

| Building Valuation          | Category | Yes | % | No | % |
|-----------------------------|----------|-----|---|----|---|
| Permanent building          |          | 0   | 0 | 5  | 100 |
| The floor is easy to clean  |          | 2   | 40| 3  | 60 |
| and not slippery            |          |     |   |    |    |
| Have ventilation            |          | 5   | 100| 0  | 0  |
| Enough lighting             |          | 5   | 100| 0  | 0  |

The results assessment of restaurants "Nasi Sek" (Seribu Kenyang) presented in table 1 above see that 100% of the buildings used for restaurants around Gandoriah Beach, Pariaman City, have not used permanent structures. The floor is tough to clean because it is still made of coarse cement with a yield of 60%. According to the Decree of the Minister of Health (2003), the floor surface used for restaurants is smooth, not slippery, and easy to clean condition. For lighting and ventilation of five restaurants "Nasi Sek" (Seribu Kenyang) around Gandoriah Beach, Pariaman City obtained a 100% yield where five restaurants were observed to have adequate ventilation and lighting. Restaurant owners expect improvements to the restaurant because it improves restaurant facilities such as improving the kitchen, flooring and providing sinks as supporting elements to improve food quality [2].

3.2. Conditions for Foodstuffs, Kitchens and Food Processing Equipment
State of food, kitchen, and equipment used for food processing based on the results of research conducted on five restaurants "Nasi Sek" (Seribu Kenyang), which is around Gandoriah Beach, Pariaman City can be seen in table 2. Based on the results of the above research, it can be seen that the five restaurants observed 100% used fresh, not rotten and smelling foods, the food ingredients were placed in a different place from the ready meal. The choice of food ingredients and food storage places
dramatically affects the quality of the food served. According to [3], the quality of food ingredients has a significant role in increasing purchases. If the quality of food is maintained and the freshness is maintained, it will also increase.

Of the restaurants observed, 60% of restaurants have food storage that is free of intruding insects, but some restaurants have food storage areas that are not closed so that they are infested with pest insects such as flies. Food processing equipment used is generally not rusty, the containers used are clean, and only three of the restaurants observed have shelves for storing stuff. The average restaurant noted has a refrigerator that is used to store food items that have not been used.

According to [4], the storage of foodstuffs aims to prevent food ingredients from being damaged quickly, one of which is an excellent example of food storage is a refrigerator/fridge. From the results of the study, it can also be seen that the condition of the kitchen from the three restaurants between the kitchens is not clean and has no place to wash hands.

**Table 2.** Distribution of hygiene and sanitation for restaurants "Nasi Sek" (Seribu Kenyang) based on the distribution of food ingredients, kitchens, and food processing equipment

| Food ingredients assessment                                                                 | Category | Yes | No |
|--------------------------------------------------------------------------------------------|----------|-----|----|
| The ingredients used are fresh, undamaged, moldy, rotten and smelly                         |          | 5 100 | 0 0 |
| Storage of each food is different from readymade food                                       |          | 5 100 | 0 0 |
| Food ingredients are not placed together with hazardous components                           |          | 0 0 | 5 100 |
| The restaurant has a refrigerator                                                          |          | 5 100 | 0 0 |
| The storage area is free of nuisance insects                                               |          | 3 60 | 2 40 |
| The kitchen is kept clean                                                                  |          | 2 40 | 3 60 |
| Have a place to wash hands and soap                                                        |          | 0 0 | 5 100 |
| There is a place for washing equipment                                                     |          | 5 100 | 0 0 |
| Trash can available                                                                        |          | 0 0 | 5 100 |
| The material used is not rusty                                                             |          | 4 80 | 1 20 |
| Shelves for equipment are open                                                              |          | 2 40 | 3 60 |
| The container used is clean                                                                 |          | 3 60 | 2 40 |
| Each type of food in a separate box                                                         |          | 5 100 | 0 0 |

3.3. Sanitation facilities

Status of the sanitation facilities of the five restaurants "Nasi Sek" (Seribu Kenyang) around the Gandoriah beach in Kota Pariaman can be seen in table 3.

**Table 3.** Distribution of restaurant hygiene and sanitation based on sanitation facilities

| Assessment of sanitation facilities                                                      | Category | Yes | No |
|------------------------------------------------------------------------------------------|----------|-----|----|
| Availability of clean water in sufficient quantities                                      |          | 5 100 | 0 0 |
| Freshwater storage is available                                                          |          | 1 20 | 4 80 |
| Open sewerage that flows smoothly                                                        |          | 5 100 | 0 0 |
| Wastewater channels are equipped with fat catchers                                       |          | 0 0 | 5 100 |
| Organic and inorganic waste is separated                                                  |          | 0 0 | 5 100 |

The clean water used by the restaurants around Gandoriah Beach in Pariaman City comes from wells. This water is used by restaurant managers to wash food ingredients, wash equipment, and be
used as drinking water. According to [5], water is an essential element for cleaning chemicals, oils, and bacteria. Restaurants also have sewerage channels but are not equipped with fat traps. Owned wastewater comes from washing food processing equipment and from washing food ingredients.

According to [6], sewage systems should be made of watertight channels, not pollutant sources such as using a drainage channel, septic tank, and sewerage from the kitchen must have a fat trap. The waste produced from food processing is also not separated from inorganic, organic waste, the waste produced by restaurants is directly transported by the sanitation department every morning so that no garbage accumulates around the restaurant.

From the results of observations in the field, it can also be seen that there is still a lack of availability of toilets around Gandoriah beach and even around the restaurants "Nasi Sek" (Seribu Kenyang), this makes it difficult for visitors to go to the bathroom.

3.4. Hygienic of Food Chefs/ Presenters
The results of the study of five restaurants around Gandoriah Beach in Pariaman City, as seen from the hygiene of the chef/renderer, can be seen in table 4.

| Assessment of chefs/presenters | Yes | No |
|--------------------------------|-----|----|
| Category                       |     |    |
| Food presidents wash their hands before processing food | 2   | 3  |
| Using gloves/food tongs        | 2   | 3  |
| Wear an apron                  | 0   | 5  |
| Use headgear                   | 0   | 5  |
| Use clean cloths and wear jewellery | 4   | 1  |

The observation of the food presenter was seen that before serving food, the presenter did not wash his hands, did not use gloves. Still, some presenters used food tongs, did not wear aprons, did not wear headgear and used clothing instead of using unique clothes and food presenters also wearing jewellery. To increase the knowledge of food presenters, training is needed for food chefs/presenters. Training that is managed and directed for special purposes is given to chefs/food presenters such as health checks, proper hand washing, proper use of clothing can improve food hygiene [7]. This also contradicts the opinion of [8] who provides training to food presenters that can increase knowledge about changing attitudes towards food presenters/cooks so as to increase food that can be improved. According to [9], food presenters must apply some practice. Hand washing before touching food, using unique work clothes and not everyday clothes, using food handlers such as gloves and using food covers are some habit that must fulfil by the food presenter.

4. Conclusion
The restaurants "Nasi Sek" (Seribu Kenyang) around the Gandoriah beach in Pariaman city has not met the feasibility of sanitation and health of the restaurant environment. It can be seen from some aspect, including building point and hygiene of the chef/food handler. All of the elements did not fulfil the requirements of the Health Minister's Decree in 2003 because food handlers in the five food houses did not wash their hands before touching food, did not wear gloves, did not wear aprons and did not use proper clothes.

Recommended for Pariaman City Health Office or related agencies be able to supervise and guide the management of restaurants around Gandoriah Beach, Pariaman City to improve sanitation and environmental health, such as by providing food health education. For home food processors, it is also
recommended to pay more attention to hygiene when serving food by washing hands before touching food, using gloves or food tongs and using aprons and headgear.

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