

ABSTRAK

Food loss dan *food waste* (FLFW) menjadi isu penting yang ada di Indonesia, Indonesia menduduki angka yang tinggi terkait sampah makanan. Dalam pemenuhan makanan setiap harinya berpotensi menyebabkan pemborosan dan mubazir makanan, baik oleh mahasiswa, rumah tangga dan cafe, perilaku FLFW memiliki dampak negatif seperti ekonomi, lingkungan dan sosial. Penelitian ini bertujuan (1) Mengidentifikasi *jenis food loss* dan *food waste* yang sering dibuang per harinya oleh mahasiswa UNMUH Jember, (2) Menakar jumlah *food loss* dan *food waste* yang terbuang dalam sehari, (3) Menganalisis potensi kehilangan (ekonomi) *food loss* dan *food waste* dalam sehari. Penelitian ini menggunakan metode kualitatif dan kuantitatif. Metode kualitatif menggunakan pendekatan deskriptif berdasarkan data *food record* yang menggambarkan jenis, jumlah FLFW, dan cara mendapatkannya. Kehilangan ekonomi FLFW dianalisis menggunakan rumus ELK FLFW. Jumlah sampel penelitian 150 mahasiswa. Temuan penelitian menunjukkan bahwa: (1) Jenis *food loss* terdiri dari sayuran, buah, dan lauk, temuan *food waste* dikalangan mahasiswa UNMUH Jember adalah jenis sayuran, lauk, susu dan Sumber Karbohidrat. (2) Temuan jumlah *food loss* dikalangan mahasiswa UNMUH Jember sebesar 20,72 gram per kapita per hari. Temuan jumlah *food waste* sebesar 44,85 gram per kapita per hari. (3) Potensi kehilangan ekonomi akibat *food loss* dikalangan mahasiswa UNMUH Jember bernilai Rp 552,65 per kapita per hari dan potensi kehilangan ekonomi yang akibat *food waste* dikalangan mahasiswa UNMUH Jember sebesar Rp 830,26 per kapita per hari.

Kata Kunci : *Food loss*, *Food Waste*, kehilangan ekonomi.

ABSTRACT

Food loss and food waste (FLFW) are important issues in Indonesia, Indonesia has a high number of food waste. In fulfilling daily food needs, it has the potential to cause waste and wastage of food, both by students, households and cafes, FLFW behavior has negative impacts such as economy, environment and social. This study aims to (1) Identify the types of food loss and food waste that are often thrown away per day by UNMUH Jember students, (2) Measure the amount of food loss and food waste thrown away in a day, (3) Analyze the potential loss (economic) of food loss and food waste in a day. This study uses qualitative and quantitative methods. The qualitative method uses a descriptive approach based on food record data that describes the type, amount of FLFW, and how to get it. FLFW economic loss is analyzed using the ELK FLFW formula. The number of research samples is 150 students. The research findings show that: (1) The types of food loss consist of vegetables, fruits, and side dishes, the findings of food waste among UNMUH Jember students are types of vegetables, side dishes, milk and Carbohydrate Sources. (2) The findings of the amount of food loss among UNMUH Jember students were 20.72 grams /capita in a day. The findings of the amount of food waste were 44.85 grams/capita in a day. (3) The potential economic loss due to food loss among UNMUH Jember students was valued at IDR 552.65 per capita per day and the potential economic loss due to food waste among UNMUH Jember students was IDR 830.26/capita in a day.

Keywords: Food loss, Food Waste, economic loss, food security