

ABSTRAK

Food loss dan *food waste* merupakan permasalahan yang menyebabkan pemborosan pangan, kerugian ekonomi, dan berdampak terhadap keberlanjutan usaha rumah makan, seperti pada Rumah makan Godhong Gedhang. Penelitian ini bertujuan untuk menganalisis: (1) jumlah *food loss* dan *food waste*; (2) kehilangan nilai ekonomis akibat *food loss* dan *food waste*; (3) penyebab terjadinya *food loss* dan *food waste*; serta (4) upaya meminimalisir *food loss* dan *food waste* pada Rumah Makan Godhong Gedhang di Kabupaten Lumajang. Penelitian menggunakan metode *mixed methods* dengan pendekatan kuantitatif dan kualitatif dengan secara *purposive sampling* sebanyak 43 responden yang terdiri atas 3 pengelola dan 40 konsumen. Tempat penelitian dilaksanakan di Rumah Makan Godhong Gedhang Kabupaten Lumajang yang dilakukan pengamatan pada setiap Sabtu dan Minggu selama periode satu bulan. Analisis data menggunakan analisis deskriptif, estimasi kehilangan nilai ekonomis (*Estimated Loss of Economic/ELK*), dan metode *ranking*. Hasil penelitian menunjukkan bahwa: (1) jumlah *food loss* sebesar 345,65gram/hari, sedangkan *food waste* sebesar 66,5 gram/konsumen; (2) kehilangan nilai ekonomis akibat *food loss* sebesar Rp9.269,50/hari, sedangkan *food waste* sebesar Rp3.586,42/konsumen; (3) penyebab utama *food loss* adalah pembelian bahan pangan melebihi kebutuhan, sedangkan *food waste* disebabkan konsumen mengambil makanan melebihi kebutuhan; dan (4) upaya yang direkomendasikan meliputi perencanaan pembelian sesuai kebutuhan, perbaikan pengelolaan persediaan, penggunaan piring saji yang lebih kecil, serta pemasangan poster ajakan mengambil makanan sesuai kebutuhan.

Kata kunci: *Food Loss*, *Food Waste*, kehilangan nilai ekonomi, sampah pangan.

ABSTRACT

Food loss and food waste are problems that cause food waste, economic losses, and impact the sustainability of restaurant businesses, such as at the Godhong Gedhang Restaurant. This study aims to analyze: (1) the amount of food loss and food waste; (2) loss of economic value due to food loss and food waste; (3) the causes of food loss and food waste; and (4) efforts to minimize food loss and food waste at the Godhong Gedhang Restaurant in Lumajang Regency. The study used a mixed methods method with a quantitative and qualitative approach with purposive sampling of 43 respondents consisting of 3 managers and 40 consumers. The research location was carried out at the Godhong Gedhang Restaurant in Lumajang Regency, which was observed every Saturday and Sunday for a period of one month. Data analysis used descriptive analysis, estimated loss of economic value (ELK), and ranking methods. The results of the study showed that: (1) the amount of food loss was 345.65grams/day, while food waste was 66.5 grams/consumer; (2) the loss of economic value due to food loss is Rp9,269.50/day, while food waste is Rp3,586.42/consumer; (3) the main cause of food loss is purchasing food in excess of needs, while food waste is caused by consumers taking food in excess of their needs; and (4) recommended efforts include planning purchases according to needs, improving inventory management, using smaller serving plates, and installing posters encouraging people to take food according to their needs.

Keywords: Food Loss, Food Waste, loss of economic value.