

Assistance with the Free Nutritious Meals Programme as an Effort to Promote Healthy Living among Students at SMPN 7 Mataram

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Abstrak

Program Makan Bergizi Gratis merupakan salah satu upaya strategis pemerintah dalam meningkatkan status gizi dan kesehatan peserta didik di lingkungan sekolah. Program ini berperan penting dalam mendukung tumbuh kembang siswa sekaligus membentuk perilaku hidup sehat sejak dini, khususnya di jenjang sekolah menengah pertama. Kegiatan pengabdian kepada masyarakat ini bertujuan untuk mendampingi pelaksanaan Program Makan Bergizi Gratis sebagai upaya penguatan perilaku hidup sehat siswa di SMPN 7 Mataram. Metode yang digunakan adalah pendampingan partisipatif melalui observasi langsung, pemberian edukasi singkat terkait gizi seimbang, serta monitoring proses distribusi dan konsumsi makanan oleh siswa. Hasil kegiatan menunjukkan bahwa pelaksanaan MBG berjalan secara tertib dan terorganisir, siswa menunjukkan antusiasme yang tinggi, serta mulai terbentuk kebiasaan hidup bersih dan sehat seperti antri dengan tertib, mencuci tangan sebelum makan, dan menghabiskan makanan bergizi yang disediakan. Pendampingan ini juga membantu pihak sekolah dalam memastikan proses distribusi makanan sesuai dengan prinsip kebersihan dan keamanan pangan. Dengan demikian, Program Makan Bergizi Gratis memberikan kontribusi positif dalam penguatan perilaku hidup sehat siswa dan perlu dilaksanakan secara berkelanjutan dengan dukungan berbagai pihak.

Kata Kunci: Makan Bergizi Gratis; Hidup Sehat; Pendampingan; SMP

Abstract [Bold Italic 10 pt]

The Free Nutritious Meal Program is a government program that aims to improve students' nutrition and health at school. This program is important to support students' growth and to build healthy habits from an early age, especially for junior high school students. This community service activity aims to assist the implementation of the Free Nutritious Meal Program to strengthen healthy living behaviors among students at SMPN 7 Mataram. The activity used participatory assistance methods, including direct observation, short education about balanced nutrition, and monitoring the process of food distribution and consumption. The results show that the program was carried out in an orderly way and students showed high enthusiasm. Students also began to practice clean and healthy habits, such as lining up properly, washing their hands before eating, and finishing the nutritious food provided. In addition, the assistance helped the school ensure that food distribution followed hygiene and food safety principles. Therefore, the Free Nutritious Meal Program has a positive impact on strengthening students' healthy lifestyles and should be continued with support from various parties.

Keywords : Free Nutritious Meals; Healthy Living; Mentoring; Junior High School

I. INTRODUCTION

The health and nutritional status of students are critical factors in supporting the learning process as well as the physical and cognitive development of school-age children. Inadequate nutritional intake may adversely affect students' concentration, contribute to fatigue, and increase the risk of health-related disorders. Consequently, schools occupy a strategic position as environments that can actively support the fulfillment of nutritional needs and the formation of healthy living behaviors among students from an early age.

Children, as the primary beneficiaries of the MBG policy, have responded positively to this initiative as part of the government's effort to ensure adequate nutritional intake, which in turn has significant implications for children's growth and development. Community support for the implementation of the MBG policy has therefore become a key enabling factor in its execution across various regions throughout Indonesia.¹

The Free Nutritious Meal Program (MBG) constitutes one of the government's strategic efforts to improve the quality of health and nutritional status of students through the provision of balanced, nutritious meals in school settings. This program not only focuses on meeting nutritional needs, but also aims to cultivate healthy living habits such as maintaining personal hygiene, practicing discipline, and adopting proper dietary patterns. The implementation of school meal programs has been demonstrated to enhance nutritional awareness and healthy living behaviors among school-age children.²

SMPN 7 Mataram, serving as the partner institution for this community service activity, is one of the schools implementing the Free Nutritious Meal Program. Based on preliminary observations, the program has been operational; however, facilitation support is still required to optimize its implementation. Among the issues identified are the need to reinforce student discipline during meal collection, to promote hygienic behaviors such as handwashing before meals, and to ensure that food distribution adheres to principles of food hygiene and safety.

These challenges indicate that the success of the Free Nutritious Meal Program is not solely determined by the availability of food, but also by continuous facilitation and educational support for students.³ Such facilitation is essential to ensure that students understand the importance of balanced nutrition and are able to apply this understanding in their daily lives. This is consistent with health promotion theory, which emphasizes that healthy behavioral change can be achieved through education, habituation, and the creation of a supportive environment.

School feeding programs have been shown to improve student attendance. Adequate nutritional status contributes to enhanced immune function, resulting in fewer absences due to illness and greater consistency in academic participation. Beyond the physiological dimension, nutritious meal programs also exert an influence on students' psychological and social well-being. Communal dining at school can foster a sense of camaraderie, reduce social disparities, and strengthen relationships among students and between students and their teachers. These factors collectively contribute to the formation of a healthy and positive learning environment, which in turn enhances students' academic motivation.⁴

¹ Dian Herdiana, "Implementasi Kebijakan Makan Bergizi Gratis (MBG): Faktor-Faktor Pendorong Dan Penghambat," *Ilmiah Multidisplin* 3 (2025): 4.

² Agus Purnomo, Ahmad Putikadyanto, and Agik Nur, "Program Makan Bergizi Gratis : Analisis Kritis Transformasi Pendidikan Indonesia Menuju Generasi Emas 2045," *Jurnal Pendidikan Ilmu Pengetahuan Sosial Dan Ilmu-Ilmu Sosial*, 2025.

³ Fikri Faidul Jihad et al., "Pengaruh Media Sosial Terhadap Preferensi Makanan Sehat Dan Bergizi Pada Remaja : Studi Di Kalangan Siswa SMA The Influence of Social Media on Adolescents ' Healthy and Nutritious Food Preferences : A Study Among High School Students," *Journal of Healthcare Technology and Mediciny* 10, no. 1 (2024): 22–32.

⁴ Marselina Nango, Budi Purwoko, and Muffarihul Hazim, "MAKAN BERGIZI GRATIS : STRATEGI KEBIJAKAN PUBLIK MENUJU GENERASI EMAS INDONESIA 2045" 25, no. 2 (2025): 354–68.

According to Rahayu,⁵ the MBG Program represents a national commitment to the well-being of future generations, particularly in terms of children's nutrition and health. Political support from legislative bodies such as the House of Representatives (DPR RI), social support from grassroots communities, and operational support from defense institutions such as the Indonesian National Armed Forces (TNI) indicate that MBG is not merely a technocratic policy, but also a symbol of the nation's moral responsibility.

Based on observations conducted at SMP Negeri 7 Mataram, the implementation of the government's Free Nutritious Meal (MBG) Program which takes place from Monday through Friday at noon (12:00 WITA) has exerted a notably positive influence on students' learning motivation and enthusiasm. This was evidenced by increased student attendance and the high level of enthusiasm demonstrated by students when the nutritious meals were distributed.

The implementation of the MBG Program has yielded a positive long-term impact on students' learning motivation. Findings from participatory observation further revealed that students exhibited greater engagement in both academic and extracurricular activities following their participation in the program.

Children with adequate nutritional intake exhibit superior cognitive development and a greater capacity for sustained concentration in the learning process.⁶ Accordingly, MBG has the potential to contribute not only to students' physical health but also to their academic readiness. With substantial budgetary support, the MBG Program inaugurated by President Prabowo Subianto aims to simultaneously improve nutritional quality and enhance learning motivation among students throughout Indonesia.

This program is designed to provide nutritious meals to school-age children, toddlers, pregnant women, and breastfeeding mothers. Adequate nutritional intake enables students to focus more effectively during the learning process, facilitating optimal absorption of academic content. Furthermore, proper nutrition supports optimal physical development, promoting motor activities and social interactions within the school environment. Nevertheless, in various developing countries, including Indonesia, disparities in access to nutritious food remain a serious challenge with direct implications for educational quality. When implemented effectively, the MBG Program has the potential to improve overall educational quality, reduce school dropout rates, and encourage community participation in providing nutritious food for children in schools.⁷

Empirical evidence⁸ has highlighted the positive impacts of school feeding programs in numerous countries; however, relatively few studies have examined the relationship between the MBG program and the general welfare of farmers in Indonesia. Based on this observation, the present study was conducted to analyze the relationship between the MBG program and the welfare of Indonesian farmers, as proxied through the Farmer Exchange Rate using monthly data from January 2023 to June 2025.

⁵ Luis Fiska Rahayu, "Dinamika Dukungan Politik Terhadap Program Makan Bergizi Gratis (MBG) Di Indonesia," *Interdisciplinary Journal of Public Affairs* 8, no. 2 (2025): 815–31.

⁶ Dewi Asriani Ridzal et al., "Edukasi Makanan Dan Jajanan Sehat Serta Bergizi Pada Anak Sekolah Dasar," *Pengabdian Masyarakat Terintegrasi* 3, no. 2 (2024): 87–92, <https://doi.org/10.37905/ljpmt.v3i2.26477>.

⁷ Aura Jurnal, Pendidikan Aura, and Najwa Herniati, "Efektivitas Program Pemerintah MBG (Makan Bergizi Gratis) Terhadap Minat Belajar Anak Usia Dini" 6, no. 1 (2025): 88–98, <https://doi.org/10.37216/aura.v6i1.2484>.

⁸ Reny Andriyanty, Program Studi, and Ilmu Ekonomi, "KEBIJAKAN MAKAN BERGIZI GRATIS (MBG): BAGAIMANA PENGARUHNYA TERHADAP KESEJAHTERAAN PETANI," *Risalah Kebijakan Pertanian Dan Lingkungan* 12, no. 2 (2025): 5.

II. METHODS

This activity constitutes community service based on participatory facilitation and observation, conducted to support the implementation of the Free Nutritious Meal Program at SMP Negeri 7 Mataram. The activity involved students participating in the PLP I (Pre-Teaching Practicum) program from Universitas Muhammadiyah Mataram, under the supervision of Dr. Ibrahim, M.Sc. as the initiator of the activity.



Figure 1. Send-off ceremony for PLP I students from Universitas Muhammadiyah Mataram at SMPN 7 Mataram

Observation and data collection activities were conducted directly within the school environment, with students as the primary subjects of observation. The implementation method comprised three stages: planning, implementation, and evaluation, each adapted to the actual conditions prevailing at the school.⁹

During the planning stage, the activity commenced with communication and coordination with the school administration to obtain permission and determine the schedule for observation and facilitation sessions. Adjustments were also made to align with the existing operational procedures of the Free Nutritious Meal Program already in place at the school, and specific observation foci were established, including student orderliness, hygienic practices before meals, and the food distribution process.

The implementation stage involved direct observation during the conduct of nutritious meal activities. This stage encompassed monitoring student behavior during the collection and consumption of food, including queuing behavior, handwashing practices prior to eating, and student responses to the food provided. During implementation, basic facilitation support was also provided in the form of reminders to students when necessary, without disrupting the ongoing school activities.

The evaluation stage involved the documentation and analysis of observational data gathered throughout the activity. Evaluation efforts focused on the degree to which the Free Nutritious Meal Program was executed as intended, as well as the manifestation of clean and healthy living behaviors among students.

⁹ Tika Christy and Sayendra Safaria, "Peningkatan Literasi Digital Gizi Anak Bagi Orang Tua TK Bhayangkari SPN Padang Besi Melalui Edukasi Interaktif Berbasis Teknologi," *Jurnal Pemberdayaan Sosial Dan Teknologi Masyarakat* 5, no. 1 (2025): 1–23.

The evaluation results were used to provide a comprehensive account of the activity's implementation and to serve as a basis for formulating recommendations for the program's continuation at the school.

III. RESULTS AND DISCUSSION

The Free Nutritious Meal Program represents one of the flagship initiatives of Indonesia's eighth president and has undergone pilot implementation across several educational institutions throughout the country. This program is designed to provide healthy and nutritious food to groups in need, with a primary focus on students from elementary school through senior secondary school. The free school lunch program was first introduced during the administration of Indonesia's eighth president, Prabowo Subianto.¹⁰

According to Jatmikowati et al.,¹¹ achieving a healthy and energetic body requires nutritious food, the quality of which is significantly influenced by its nutritional content. In the preparation of healthy and nutritious meals, it is essential to ensure balanced nutrition so as not to impede children's growth and development. Balanced nutritional intake is beneficial for children's physical development, enhances cognitive capacity, promotes stability, and maintains the proper functioning of all bodily organs. This is consistent with research findings indicating that nutrition is a critical component in supporting the continuity of growth and developmental processes.

Based on the results of observations and interviews conducted at SMP Negeri 7 Mataram with the supervising teacher responsible for the Free Nutritious Meal Program, it was found that MBG meals are distributed to students in Grades VII, VIII, and IX at 11:30 WITA. Teachers distribute meals directly to students, who queue in an orderly and compliant manner. Students consume their meals together in the classroom or in any comfortable and clean location. Prior to eating, students are required to wash their hands and offer prayers. Teachers consistently remind students not to litter and to place their waste into the designated MBG containers upon finishing their meals. After communal dining, students are asked to tidy their eating areas and return their containers to the designated MBG storage room.

Table 1. Variable Analysis

No.	Observed Aspect	Observation Results
1.	Student orderliness during food collection	Students queued in an orderly manner
2.	Food menu	Consisted of rice, protein-based side dishes, vegetables, and fruit; on certain days, snack packs were also provided
3.	Student response to the Free Nutritious Meal Program	Students appeared enthusiastic and excited about participating in the program
4.	Food distribution process	Food was distributed in a regular and controlled manner
5.	Food consumption	All food was fully consumed by students

¹⁰ Jurnal, Aura, and Herniati, "Efektivitas Program Pemerintah MBG (Makan Bergizi Gratis) Terhadap Minat Belajar Anak Usia Dini."

¹¹ Tri Endang Jatmikowati et al., "Peran Guru Dan Orang Tua Dalam Pembiasaan Makan Makanan Sehat Pada Anak Usia Dini," *Jurnal Pendidikan Anak Usia Dini* 7, no. 2 (2023): 1279–94, <https://doi.org/10.31004/obsesi.v7i2.3223>.



Figure 2. Free Nutritious Meal Distribution Activity at SMPN 7 Mataram

Based on Table 1, Figure 2 is presented to provide supporting evidence and to establish a sound empirical basis for the findings. The implementation of the Free Nutritious Meal Program at SMPN 7 Mataram has been carried out in a structured and scheduled manner, with meal distribution conducted during break periods so as not to disrupt the instructional process. The food menus provided reflect the principles of balanced nutrition, incorporating carbohydrates, protein, vegetables, and fruit all of which are essential for students at the junior secondary level.

Student responses to the program have been uniformly positive, as evidenced by the enthusiasm demonstrated and the consistent consumption of the food provided. This indicates that the Free Nutritious Meal Program has been well-received by students and holds significant potential for supporting the fulfillment of their daily nutritional needs. The involvement of teachers and school staff in facilitating the program also reflects strong institutional support for its sustainability.

According to Qomarrullah et al.,¹² the MBG program has the potential to function as a long-term policy that not only improves the health of school-age children but also ensures more equitable and higher-quality access to education. When implemented with the appropriate strategy, this program could serve as a model of success for national and international education and health policy. Furthermore, the success of school nutrition programs contributes to improvements in the Human Development Index (HDI), underscoring the importance of sustaining this program as a component of the national development strategy.

¹² Rif'iy Qomarrullah, Suratni, Lestari Wulandari, Muhammad Sawir, "DAMPAK JANGKA PANJANG PROGRAM MAKAN BERGIZI GRATIS TERHADAP KESEHATAN DAN KEBERLANJUTAN PENDIDIKAN THE LONG-TERM IMPACT OF THE FREE NUTRITIOUS MEAL PROGRAM ON HEALTH AND EDUCATIONAL SUSTAINABILITY" 5, no. 2 (n.d.): 130–37.



Figure 3. A fast-food-style MBG menu consisting of a burger, tofu, and a slice of watermelon

Figure 3 illustrates one example of a Free Nutritious Meal menu provided to students at SMPN 7 Mataram. This menu was designed to fulfill the principles of balanced nutrition, combining carbohydrates from the burger, protein from the tofu, and vitamins and dietary fiber from the slice of watermelon. It should be noted that this type of menu is relatively uncommon; the MBG program typically serves protein-rich meals consisting of rice, a side dish, vegetables, and fruit in accordance with the "Four Healthy, Five Perfect" (4 Sehat 5 Sempurna) nutritional standard. The provision of varied menus not only ensures that students' nutritional needs are met, but also introduces them to the concept of healthy eating in a practical and accessible manner.

Student responses to this menu were consistently positive, as evidenced by their enthusiasm in receiving and consuming the food provided. The diversity of menu options also encouraged students to develop greater awareness of the importance of selecting healthy and nutritious foods. As such, the MBG Program serves not only as a mechanism for fulfilling students' daily nutritional requirements but also as an educational medium for promoting balanced dietary patterns within the school environment.



Figure 4. Documentation of the "Four Healthy, Five Perfect" Free Nutritious Meal

Figure 4 depicts the distribution of the Free Nutritious Meal to students, prepared in accordance with the "Four Healthy, Five Perfect" nutritional principle. The meal consists of a staple food as a source of carbohydrates, protein-based side dishes, and vegetables and fruit as sources of vitamins and minerals.

The implementation of this program aims to support students in maintaining their health and vitality, thereby enabling them to engage optimally in the learning process. In addition, this program represents the school's proactive effort to instill healthy lifestyle habits¹³ and to raise students' awareness of the importance of consuming a balanced and nutritious diet from an early age.

According to Jatmikowati et al.,¹⁴ nutritious food is particularly vital for children, especially during early childhood, given its critical role in physical and cognitive development. Nutritional substances including carbohydrates, fats, and proteins provide the energy required for bodily activities. When the proportional composition of nutrients in daily food intake encompassing carbohydrates, proteins, fats, vitamins, minerals, dietary fiber, and water is adequately fulfilled, overall physical health can be maintained. Guiding children toward healthy physical and mental development represents a fundamental objective of education. By exposing young children to a variety of nutritious foods through instructional media, early childhood education aims to enable them to differentiate between nutritious and non-nutritious foods and to understand which types of food are appropriate for their consumption.¹⁵

IV. CONCLUSION

Based on the results of the observation and facilitation activities during the implementation of the Free Nutritious Meal Program (MBG) at SMPN 7 Mataram, it can be concluded that the program has been conducted in an orderly, scheduled, and positively received manner by students. The food menus provided reflect the principles of balanced nutrition and have been well-accepted by students, as evidenced by their

¹³ Yuana Delvika And Kamil Mustafa, "PENYULUHAN PENGARUH MAKANAN INSTAN TERHADAP," *Prodikmas Hasil Pengabdian Masyarakat* 2, no. 1 (2018): 84–88.

¹⁴ Jatmikowati et al., "Peran Guru Dan Orang Tua Dalam Pembiasaan Makan Makanan Sehat Pada Anak Usia Dini."

enthusiasm and consistent consumption of the meals offered. The MBG Program has also exerted a positive influence on students' academic readiness and concentration following the lunch break. Furthermore, efforts to refine the MBG policy are necessary to ensure that its implementation improves over time in alignment with the objectives established during the policy planning stage. Such improvement efforts include the development of comprehensive regulatory frameworks, refinement of field-level implementation, the establishment of clear monitoring and evaluation systems, and the promotion of increased community participation. It is therefore recommended that this program continue to be implemented on a sustained basis, with careful attention to menu variety, timeliness of food distribution, and consistent facilitation support, so that the benefits of the MBG Program in supporting students' health and learning processes can be optimally realized.

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