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MASINGCI as an innovative snack to prevent stunting

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ABSTRACT

Stunting is a condition in which a child experiences stunted growth. This is characterized by a height that is lower than the standard set for a certain age and gender, and stunted cognitive development in children. Stunting is a significant public health problem in Indonesia. With a prevalence that remains high, stunting is a problem that requires the involvement of multiple parties. Based on this, this community service is carried out with the aim of developing a product to reduce stunting rates, especially in Cibungur Village, Sumedang Regency. The product developed through this community service is Martabak Singkong Cibungur, also known as MASINGCI. This product is used as additional food for children. The product is introduced to the community through demonstration and counseling methods. Through the MASINGCI product, which contains carbohydrates, fiber, vitamins, and minerals, as well as a familiar taste, it is hoped that it can maximize the nutrition obtained by children, thereby helping to reduce stunting rates. In addition, through this community service approach, it is hoped that the prevalence of stunting in Cibungur Village can decrease significantly and increase public awareness of the importance of balanced nutrition for children.

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ABSTRAK

Stunting merupakan kondisi anak mengalami pertumbuhan yang terhambat. Hal tersebut ditandai dengan tinggi badan yang lebih rendah dari standar yang ditetapkan untuk usia dan jenis kelamin tertentu serta terhambatnya perkembangan kognitif anak. Stunting menjadi sebuah permasalahan kesehatan masyarakat yang signifikan di Indonesia. Dengan prevalensi yang masih tinggi, stunting menjadi permasalahan yang perlu ditangani dengan melibatkan berbagai pihak. Berdasarkan hal tersebut, pengabdian ini dilaksanakan dengan tujuan mengembangkan salah satu produk untuk mengurangi angka stunting utamanya di Desa Cibungur, Kabupaten Sumedang. Produk yang dikembangkan dalam pengabdian ini adalah Martabak Singkong Cibungur atau MASINGCI. Produk ini dijadikan sebagai pemberian makanan tambahan bagi anak-anak. Produk dikenalkan kepada masyarakat melalui metode demonstrasi dan penyuluhan. Melalui produk MASINGCI yang mengandung karbohidrat, serat, vitamin dan mineral serta rasa yang tidak asing, diharapkan dapat memaksimalkan gizi yang diperoleh oleh anak-anak sehingga dapat membantu mengurangi angka stunting. Selain itu melalui pendekatan pengabdian ini, diharapkan prevalensi stunting di Desa Cibungur dapat menurun secara signifikan dan meningkatkan kesadaran masyarakat akan pentingnya keseimbangan gizi bagi anak-anak.

Kata Kunci: camilan; singkong; stunting

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INTRODUCTION

Stunting is a condition in which children fail to grow due to prolonged malnutrition, especially during the first 1,000 days of life. This condition is characterized by a height that is lower than the standards set for a specific age and gender. In addition, children who are stunted also have weaker cognitive, motor, and immune development than they should (Khalid *et al.*, 2022; Nazidah *et al.*, 2022). Therefore, stunting is one of the chronic nutritional problems that causes a profound impact on the quality of human resources, especially for children.

In Indonesia, stunting is a significant challenge in public health development (Andika *et al.*, 2022; Simbolon *et al.*, 2019; Sunarya, 2023). This is a significant public health problem, with a high prevalence. According to data from the 2022 Indonesian Nutrition Status Survey (SSGI), the prevalence of stunting in Sumedang Regency reached 27.6%, down from 32.2% in 2018 (Arief, 2023). Despite the decline, this figure still indicates that one in four children in the area is stunted, which has the potential to impact their physical and cognitive development.

In Cibungur Village, Rancakalong District, the problem of stunting is also a significant concern. Factors contributing to stunting in this village include unbalanced diets, a lack of parental knowledge about nutrition, and limited access to health services and nutritious food (Widyaningsih *et al.*, 2021; Diana *et al.*, 2021). This condition suggests that the problem of stunting is not only caused by inadequate nutritional intake in children, but also by the community's limited knowledge and inadequate access to health resources.

Previous research has shown that children's eating behaviors, such as refusal to eat and food acceptance, have a significant relationship with the incidence of stunting (Najib, 2023). In addition, socioeconomic factors, such as education and family income, also play a role in determining children's nutritional status (Widyaningsih *et al.*, 2021; Fitri *et al.*, 2021). Based on this, it is evident that parenting and eating habits within the family environment are crucial factors that influence the nutritional status of children. Thus, the knowledge and role of parents regarding balanced nutrition are essential for the growth and fulfillment of children's dietary needs.

A study in Jakarta reveals that community participation in health programs is crucial for reducing stunting rates, as effective health policies can enhance public awareness and knowledge about nutrition (Anurogo, 2024). Community-based health programs involving various parties are expected to increase awareness of the importance of nutrition in child growth. One of these activity programs involves counseling activities related to providing additional food or complementary foods for children.

Supplementary Feeding (PMT) is one strategy that can be applied to address the issue of stunting in Cibungur Village. PMT is designed to provide supplemental nutrition to children in need during their growth period (Mulyadi *et al.*, 2024; Putri *et al.*, 2024b). This approach is carried out not only to address the problem of stunting, but also to leverage the potential of existing community resources. The development of food additives based on local resources can be one such effort. Through this service, the author took the initiative to develop additional food products, namely, MASINGCI or Martabak Cassava Cibungur. MASINGCI is a food made from cassava that can be enriched with other ingredients to increase its nutritional content, thereby helping to meet the dietary needs of children who are stunted (Azra, 2024).

Several studies have shown that to reduce the burden of stunting, sensitive nutritional interventions, including supplementary feeding, are necessary to significantly contribute to lowering stunting rates (Sari, 2023; Sukardi *et al.*, 2024). However, the existence of this local resource-based supplementary feeding program needs to be supported by other approaches in order to foster public awareness and knowledge related to nutritional balance. Because the success of this community program can depend on providing

the right education to the community. Therefore, educating parents about the importance of balanced nutrition and healthy food processing methods is also necessary to support efforts to prevent stunting (Rahmawati, 2024).

By integrating supplementary feeding and nutrition education, it is hoped that this approach can reduce the prevalence of stunting in Cibungur Village and improve the quality of life for children in the area. This approach will not only help meet children's nutritional needs but also empower the community to understand better the importance of health and nutrition in child development (Kamelia, 2023; Baeti, 2023). Therefore, the purpose of this study is to explore effective intervention strategies in overcoming stunting through supplementary feeding and nutrition education in Cibungur Village. Through this service, it is also hoped that it can make a real contribution to the people of Cibungur Village, Sumedang Regency, in efforts to prevent stunting symptoms, including increasing public awareness of the importance of meeting children's nutritional needs from an early age.

METHODS

The method used in this service is a demonstration method that is carried out in conjunction with counseling activities for the cadres of Cibungur Village. This method was chosen with the aim of increasing active community participation and providing practical experience so that the community can apply it independently in the future. This demonstration activity was carried out by showing the process of making MASINGCI (Martabak Cassava Cibungur) products directly. Meanwhile, counseling activities are conducted with a focus on promoting public understanding of the benefits of balanced nutrition for children, as well as providing information on cassava food basics that can be processed and utilized by the community to address stunting issues.

The implementation of this service comprises three stages: planning, implementation, and evaluation. At the planning stage, the service team conducts identification activities to determine the goals and objectives of the activity. Furthermore, the team prepared an activity concept that included the time, duration, location, and flow of the series of demonstration and counseling activities to be carried out. At this stage, the service team also explored local natural resources, particularly food crops that are widely cultivated in Cibungur Village. The results of the exploration were then redeveloped during the planning process for MASINGSI products, which underwent a trial-and-error process to ensure the nutritional content before being disseminated to the people of Cibungur Village.

The next stage is the implementation stage, which begins with community counseling activities that highlight the nutritional content and health benefits of cassava food resources. In this counseling activity, the service team also introduced MASINGCI products as an additional food ingredient to help overcome stunting problems. Following that, a direct demonstration was conducted to illustrate the process of manufacturing MASINGCI products. This activity encompasses the preparation of ingredients, processing, and the final presentation of MASINGCI products.

The final stage is the evaluation stage, which involves assessing the success of the program implementation. In this stage, the service team identifies obstacles that arise during direct activities and analyzes the solutions that have been implemented. At this stage, the service team also prepares a final report that summarizes all stages of activities and their results. Additionally, the team submitted recommendations for future program improvements

RESULTS AND DISCUSSION

The problem of stunting toddlers is a chronic nutritional problem caused by many factors such as social conditions, economy, maternal nutrition during pregnancy, pain in babies, and poor infant nutritional intake. The high number of stunted toddlers needs to be seriously considered by both village officials and local health workers. Through this Real Work Lecture (KKN) activity, the team aims to undertake service activities addressing stunting issues in Cibungur Village. The activities carried out in this service aim to prevent stunting in children by empowering posyandu cadres.

Based on the results of observations and interviews with local cadres and health workers, it is evident that there have been previous efforts to educate the community through posyandu activities and counseling related to Supplementary Feeding (PMT). The PMT activity is one of the efforts that has successfully reduced the stunting rate in Cibungur Village. Based on this, the service team seeks to follow up and help toddlers meet their nutritional intake by introducing a dietary supplement product with high nutritional value. The product is Masingci, a snack made with cassava-based ingredients, combined with tofu and egg foodstuffs. Through snacks with high nutritional value, it is hoped that they can support the optimal growth and development of toddlers in Cibungur Village.

MASINGCI products contain basic ingredients, including cassava, which is rich in carbohydrates, and are combined with tofu and egg products that provide vegetable and animal proteins. The process of making this product involves preparing 200 g of cooked and mashed cassava dough, cutting it into small cubes, and adding 4 eggs, 3-5 pieces of crushed tofu, sliced green onions, and optionally, slices of chicken or minced beef. All of these ingredients are then seasoned and stir-fried with mashed onions and garlic to add flavor.

The skin of MASINGCI martabak is made from 250 grams of high-protein wheat flour, 5 tablespoons of cooking oil, 1 teaspoon of salt, and water to taste. The entire mixture is blended until smooth, and then a dough is formed into approximately 10-15 small circles. Each round of dough is then soaked in cold cooking oil for 20–30 minutes, allowing the texture to become flexible and easy to shape. After the soaking process, the dough is flattened using a *rolling pin*, then filled with a mixture of cassava filling. Next, the dough is folded to resemble the shape of a martabak and fried until cooked.

To achieve optimal results with MASINGCI products, during the dough sorting process, the service team recommends not flattening the dough too thin and not filling it excessively to prevent tearing the skin during the frying process. Additionally, the service team recommends using a non-stick base when flattening or using a regular base coated with plastic to prevent the dough from sticking. In the frying process, it should be done over medium to low heat so that EACH can cook evenly. This product can also be stored as a food stock by being fried half-cooked, then stored in the freezer. Alternatively, MASINGCI can be baked using an oven or an air fryer as an additional processing method.



Figure 1. MASINGCI manufacturing demonstration
 Source: 2025 Service Documentation

In **Figure 1**, it can be seen that during the dissemination process, the service team conducted training activities directly with the Cibungur Village Cadres. In this activity, participants received an explanation of the benefits of cassava, tofu, and eggs as the main ingredients of MASINGCI, highlighting their role in promoting children's growth and development, as well as overcoming stunting problems. The service team also conducted demonstrations and practices of making MASINGCI products directly to the participants.



Figure 2. Participants actively try and participate in the making of MASINGCI
 Source: 2025 Service Documentation

The service team also provides opportunities for Cibungur Village Cadres to be able to practice it directly during this training activity. It can be seen from Figure 2 that the participants responded positively, showing enthusiasm during the training activities. In addition to gaining new knowledge, participants also had the

opportunity to start a home business with MASINGCI products, which have the potential to serve as an alternative to PMT.

Based on the training process, the results of this service show that MASINGCI's innovation as a PMT to help meet the nutritional needs of toddlers can be well received by the community. In addition, the existence of this product also has the potential to support the economic development of the established community. However, this training activity still has limitations, namely, its limited reach for participants. This is because not all residents of Cibungur Village can attend the training activities. Even so, the service team hopes that the training participants who have attended can continue to educate and practice making MASINGCI with other communities.



Figure 3. The service team with the participants after the training
Source: 2025 Service Documentation

Overall, the service activity, which triggers innovations in making MASINGCI products, provides a concrete alternative in efforts to prevent stunting through community-based approaches and local food innovations. Even so, the sustainability of MASINGCI products will depend on collaboration between cadres, village officials, and the surrounding community. It is hoped that this product can be a solution in efforts to prevent stunting that has a long-term impact.

Discussion

The need for energy and nutrients in toddlers is crucial for supporting their physical, cognitive, and social-emotional growth and development. The need for energy and nutrients in toddlers continues to increase because they are still in a period of rapid growth and high activity (Adzim *et al.*, 2023; Utaminingsyas & Lestari, 2020). At this age, they can already determine the food they want to eat, even if it is not necessarily healthy or in accordance with their nutritional needs. Therefore, parents must always supervise and guide their children in eating nutritious food that meets their dietary needs (Istiqomah *et al.*, 2024). In this context, MASINGCI (Martabak Cassava Cibungur) can be an alternative for parents when choosing complementary foods or snacks for their children.

According to the Lebak Regency Food Security Office, cassava is used as the main ingredient in the manufacture of MASINGCI as well as a source of food that contains carbohydrates that can be used by

the community as a staple food (see: www.desketapang.lebakkab.go.id) (Rois & Chinthia, 2023). Cassava can serve as a food source for preventing stunting (Julita *et al.*, 2023; Putri *et al.*, 2024a). In addition, cassava also has several health benefits, namely as a source of energy, preventing constipation because cassava is rich in fiber, controlling blood sugar levels because fiber slows down the absorption of sugar into the blood, and as an important source of minerals in the growth, development and improvement of body tissue function (Nugroho, 2023).

Adequate and balanced nutrition has a crucial role in preventing stunting in children (Bima *et al.*, 2024; Obar *et al.*, 2023). Therefore, a diet rich in essential nutrients is crucial. In this case, MASINGCI products not only contain cassava as a basic ingredient, but also include eggs, which are a high source of animal protein, and tofu, which is a source of vegetable protein. Eggs are a readily available and inexpensive source of animal protein. Eggs contain high-quality protein, healthy fats, vitamins, and minerals necessary for optimal child growth and development (Amania *et al.*, 2022; Mekonnen *et al.*, 2022). Eggs emerged as an incredibly important source of nutrients. High-quality nutrition from eggs can provide essential support for the entire spectrum of children's growth needs, making it an ideal food ingredient in efforts to prevent stunting (Hutahaen *et al.*, 2023; Mahfuz *et al.*, 2020; Obar *et al.*, 2024). In addition, eggs contain a variety of essential nutrients necessary for children's growth, including essential amino acids, vitamin A, vitamin B12, iron, and choline. Eggs can also help improve a child's brain function and memory. According to research, giving one egg per day to stunted children can increase their height by 0.63 cm in six months (Mahfuz *et al.*, 2020). Based on this, the role of eggs as a source of protein is crucial in efforts to prevent stunting, leading to a significant increase in height.

Additionally, tofu is a key ingredient in MASINGCI products. Tofu is a source of plant-based protein that is rich in essential nutrients that can contribute to the prevention of stunting in children. Tofu contains protein, iron, calcium, essential amino acids, and fiber (Pramukyana *et al.*, 2024). Tofu is also beneficial for toddlers, as it helps increase body immunity, prevent anemia, strengthen bones and teeth, maintain digestive health, and support the growth and development of babies. Vegetable protein found in tofu can support the protein synthesis process optimally, helping to form body tissues, including muscles and vital organs, in children. Therefore, tofu, as a source of vegetable protein, plays a crucial role in the child's growth phase.

The use of various local ingredients in MASINGCI products is an innovation that can reduce the prevalence of stunting while increasing the use of local food potential in fulfilling child nutrition in Cibungur Village. The introduction of MASINGCI products through counseling and training activities also has a positive impact on the community. Through this training, participants can acquire new knowledge and skills in processing local food ingredients found in their own villages into nutritious complementary foods. Through this service activity, it is hoped that it will improve family welfare and encourage the community to be more concerned about ensuring children's nutritional needs are met.

CONCLUSION

MASINGCI (Martabak Cassava Cibungur) is an innovation of cassava-based supplements aimed at helping prevent stunting in Cibungur Village. Through demonstration and counseling methods, MASINGCI is introduced as a nutritious food alternative rich in carbohydrates, fiber, vitamins, and minerals. With this approach, it is hoped that it can reduce the prevalence of stunting by increasing public awareness of the importance of fulfilling child nutrition from an early age. The development of MASINGCI's innovative products can also be a business opportunity for the people of Cibungur Village. This innovation cannot only help prevent stunting but also create local economic opportunities.

AUTHOR'S NOTE

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