



**Dedicated:**  
**Journal of Community Services**  
**(Pengabdian kepada Masyarakat)**  
<https://ejournal.upi.edu/index.php/dedicated/>



**Utilization of local food ingredients to prevent stunting in Menampu, Gumukmas, Jember**

**Janur Putri Wayanshkaty<sup>1</sup>**

<sup>1</sup>Politeknik Kesehatan Jember, Jember, Indonesia

[janurputri@gmail.com](mailto:janurputri@gmail.com)<sup>1</sup>

**ABSTRACT**

Stunting is one of the child health problems in the form of child growth and development disorders. The 2025 Jember Regency data portal indicates that Menampu Village, Gumukmas District, is among the 10 areas with the highest stunting prevalence in Jember. To address stunting, it is necessary to optimize the use of Posyandu's resources in Jember's abundant local food sources. This series of community service activities began with a location survey. The target participants of the activity were Posyandu cadres for toddlers in Menampu Village, Gumukmas District, Jember Regency. The community service activity was held in the Menampu Village Hall with 15 participants. The method used in this community service was to provide knowledge and practice in training sessions. The success indicators of the training activity were the increase in scores from the pre-test to the post-test. The results of the training activity were evident in the increase in participants' knowledge about local food nutrition, food safety, and reading labels on packaging.

**ARTICLE INFO**

**Article History:**

Received: 30 Jul 2025

Revised: 26 Nov 2025

Accepted: 30 Nov 2025

Publish online: 27 Dec 2025

**Keywords:**

local food; nutrition; stunting

**Open access**

Dedicated: Journal of Community Services (Pengabdian kepada Masyarakat) is a peer-reviewed open-access journal

**ABSTRAK**

Stunting menjadi salah satu masalah kesehatan anak berupa gangguan tumbuh kembang anak. Portal data Kabupaten Jember tahun 2025 menunjukkan Desa Menampu, Kecamatan Gumukmas, termasuk dalam 10 daerah dengan prevalensi stunting tertinggi di Jember. Dalam mengatasi masalah stunting ini, maka perlu mengoptimalkan kinerja Posyandu dalam pemanfaatan sumber pangan lokal Jember yang cukup melimpah. Rangkaian kegiatan pengabdian ini diawali dengan survey lokasi. Target peserta kegiatan adalah kader Posyandu balita di Desa Menampu, Kecamatan Gumukmas, Kabupaten Jember. Kegiatan pengabdian dilaksanakan di aula Desa Menampu dengan jumlah peserta 15 orang. Metode yang digunakan dalam pengabdian masyarakat ini yaitu dengan memberikan pengetahuan dan praktik dalam sesi pelatihan. Indikator keberhasilan kegiatan pelatihan adalah peningkatan skor dari pre-test ke post-test. Hasil dari kegiatan pelatihan terlihat dari meningkatnya pengetahuan peserta tentang nutrisi makanan lokal, keamanan bahan pangan, dan pembacaan label dalam kemasan.

**Kata Kunci:** bahan pangan lokal; gizi; stunting

**How to cite (APA 7)**

Wayanshkaty, J. P. (2025). Utilization of local food ingredients to prevent stunting in Menampu, Gumukmas, Jember. *Dedicated: Journal of Community Services (Pengabdian kepada Masyarakat)*, 3(2), 711-720.

**Peer review**

This article has been peer-reviewed through the journal's standard double-blind peer review, where both the reviewers and authors are anonymised during review.



**Copyright**

2025, Janur Putri Wayanshkaty. This an open-access is article distributed under the terms of the Creative Commons Attribution-ShareAlike 4.0 International (CC BY-SA 4.0) <https://creativecommons.org/licenses/by-sa/4.0/>, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author, and source are credited. \*Corresponding author: [janurputri@gmail.com](mailto:janurputri@gmail.com)

## INTRODUCTION

The Sustainable Development Goals (SDGs) comprise 17 goals and 169 targets that articulate the scope of an inclusive and multidimensional global development agenda. These goals and targets constitute the foundation of the sustainable development agenda through 2030. The synergy between the 2020-2024 National Medium-Term Development Plan (RPJMN) and the SDGs can be categorized into four pillars: social development, economic development, environmental development, and legal and governance development. These four pillars are achieved through several strategies, including competitive human resources, economic sector productivity, green economy, digital transformation, domestic economic integration, and capital city relocation. One of the goals of sustainable development is to eradicate hunger (Goal 2 of the SDGs). This goal aims to eradicate hunger, achieve food security and good nutrition, and promote sustainable agriculture. This goal can be achieved if everyone, especially the poor and vulnerable groups, pregnant women, infants, and those with disabilities, has access to safe, nutritious, and sufficient food for a long time, enabling them to live healthy, intelligent, active, and productive lives.

Increasing food access requires efforts across multiple areas, including food system development, improved community nutrition, and expanded health services (Shayan *et al.*, 2022). Problems related to food availability are not limited to the macro level; they also occur at the household level. Political, economic, and social factors can influence food insecurity and malnutrition. These factors pose specific long-term risks to individuals (Ruiz *et al.*, 2022). The Food and Agriculture Organization (FAO) defines food security in four dimensions: physical availability of food, economic and physical access to food, food utilization, and stability of the other three dimensions over time. Food is a basic need and a human right guaranteed by the state (Manikas *et al.*, 2023). Therefore, the state is obligated to ensure access to adequate, high-quality, nutritionally balanced food. Meanwhile, food security is the right of states and nations to independently determine food policies that guarantee the right to food for the people and provide communities with the right to determine food systems that align with local resource potential.

According to the 2024 Indonesian Nutritional Status Survey (SSGI), the national prevalence of stunting decreased to 19.8% from 21.6% in 2022. According to the 2024 Indonesian Nutritional Status Survey (SSGI) results from Kementerian Kesehatan RI, Jember Regency ranked first in East Java in the prevalence of stunting among toddlers, at 30.4%. However, this figure decreased compared to the 2022 Indonesian Nutritional Status Survey (SSGI), which reached 34.9%. The figure of 30.4% remains high. The high incidence of stunting in Jember Regency may be influenced by several factors, including poor nutritional care practices, including mothers' lack of knowledge about nutrition before, during, and after childbirth, and the failure to meet optimal nutritional intake during the first 1,000 days of life (HPK) for toddlers (Husnah *et al.*, 2022; Putri *et al.*, 2023). Stunting is a child health problem characterized by impaired growth and development due to inadequate nutrition (malnutrition) from infancy. Symptoms of stunting are not apparent until age 2, with height as the primary growth parameter (Nurjanah *et al.*, 2023).

Food insecurity and malnutrition reflect the interplay between food access and socioeconomic vulnerability (Mulyadi *et al.*, 2024). One of the main determinants of food security and malnutrition is food availability and price (Hatijar, 2023). This indicates that not everyone has the economic and social means to meet their nutritional needs. The persistently high prevalence of stunting in Jember Regency should serve as a reminder to policymakers at both the district and village levels to implement interventions and preventative measures to prevent the increase in the number of toddlers suffering from malnutrition. The persistently high stunting rate in Jember Regency requires serious attention and appropriate management. Interventions to address stunting rates can involve cross-stakeholder policies or programs. Macro-level programs, for example, can be implemented through social protection mechanisms already in place at the central and regional levels. In addition to social protection efforts for vulnerable groups, stunting can be

prevented by expanding household-level access to information. Household support can utilize a convergent and participatory approach (Meiyenti *et al.*, 2025). This can be achieved by optimizing integrated family development and strengthening programs. According to data from the Jember Regency data portal in 2025, Menampu Village, Gumukmas District, is among the 10 areas with the highest stunting prevalence in Jember Regency. Of 203 infants and toddlers aged 0-59 months, 43 children were stunted in Menampu Village, Gumukmas District.

The prevalence of stunting in Menampu Village, Gumukmas District, is also relatively high, at 21.12%. The prevalence rate in Menampu Village, Gumukmas District, exceeds the World Health Organization (WHO) threshold of 20%. Low community welfare and inadequate family nutrition are contributing factors to the high number of stunting cases in the region. To reduce stunting cases, residents, particularly mothers and toddlers in the Gumukmas area, should be provided with education, mentoring, and training on the risks of stunting, its prevention, and its treatment. In addition to education, training is provided in preparing simple, healthy meals to improve toddlers' nutrition. One way to prevent stunting is to ensure adequate food quantity and nutritional quality for mothers and toddlers (Ritonga *et al.*, 2024). To address stunting, it is necessary to optimize the performance of integrated health service posts (Posyandu) through synergistic, sustainable programs (Sukmawati *et al.*, 2025).

One such initiative is to provide training and to engage residents, particularly Posyandu cadres, in Menampu village, Gumukmas sub-district, to improve understanding, contribute to stunting-prevention efforts, and prepare healthy meals for children and their families. This community service activity aimed to increase the community's creativity in creating menus using local food ingredients to prevent stunting. In this outreach program, the team utilized Jember's abundant local food resources. Community service partners were selected from Posyandu cadres, given the crucial role mothers play within the family. The community service activities included education on the risks of stunting and its prevention through the use of local foods, such as eggs and spinach. Through this educational process, partners aimed to increase awareness and concern about improved nutritional intake in their families during pregnancy and infancy, thereby contributing to efforts to reduce stunting in the Jember region.

## **Literature Review**

### **Nutrition education**

Nutrition education is a vital non-pharmaceutical intervention to increase public understanding and awareness, particularly among pregnant women and mothers with toddlers, of the importance of preventing stunting. Effective education can change community behavior regarding food selection, complementary feeding patterns, and toddler feeding practices. Education delivered through a participatory, community-based approach is expected to produce sustainable behavioral change (Ilmy *et al.*, 2025). The involvement of integrated health post (*Posyandu*) cadres is also crucial in strengthening community food security by providing knowledge about food and nutrition. Community support should be strengthened by empowering *Posyandu* cadres to educate and motivate mothers and families on appropriate infant and child feeding practices (Prastia *et al.*, 2023). With increased knowledge of stunting, its prevalence is expected to decrease (Ansori, 2022).

### **Creating products by developing local food**

Local food plays a crucial role in improving children's nutritional status through various programs. Local food-based supplementary feeding programs aim to provide locally available and affordable food. The involvement of integrated health post (*Posyandu*) cadres is also crucial in strengthening community food security by providing knowledge about food and nutrition. Community support should be strengthened by

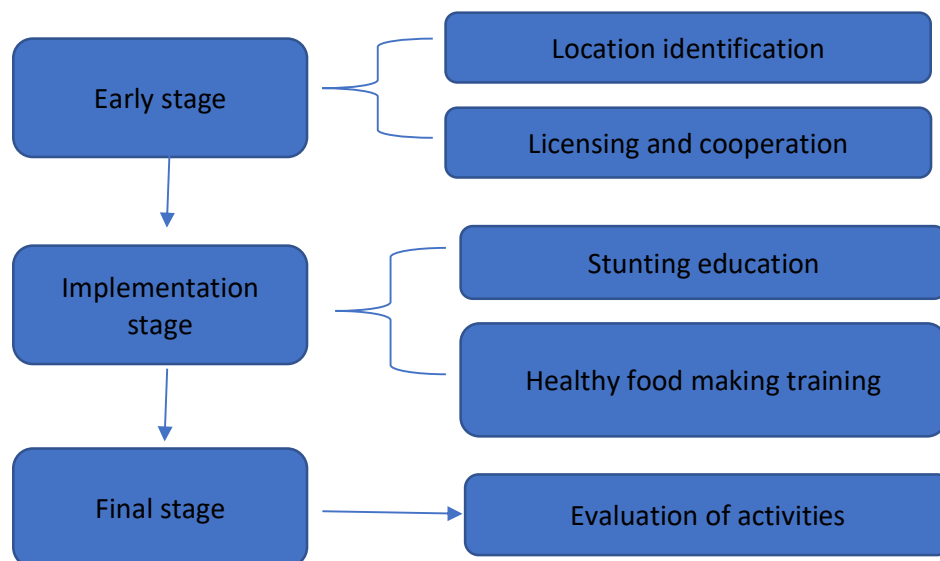
empowering Posyandu cadres to educate and motivate mothers and families on appropriate infant and child feeding practices (Prastia *et al.*, 2023). Using local foods in complementary feeding (MPASI) can be an effective and sustainable strategy to prevent stunting. Local foods generally have high nutritional value, are more affordable, easily accessible, and are suited to local environmental conditions. Using local ingredients such as sweet potatoes, nuts, fish, and green vegetables in MPASI preparations can help meet children's macro- and micronutrient needs and increase household food diversification. This approach also supports local food security and reduces dependence on imported food (Ilmy *et al.*, 2025). The nutritional content of every 100 g of spinach consists of 100 kJ of energy, 3.4 g of carbohydrates, 2.5 g of protein, 4.1 mg of beta-carotene, 0.9 mg of vitamin B complex, and 52 mg of vitamin C (Lismarina *et al.*, 2025).

Furthermore, the vitamin C content in green spinach may enhance immune cell function, thereby reducing the incidence of infectious diseases, which are risk factors for stunting. Another food ingredient is soybeans, which are well-known for preventing stunting. Soybeans are a rich source of protein and phosphorus, which support child growth (Prasad *et al.*, 2024). Additionally, spinach contains bioactive compounds, including polyphenols and flavonoids, with antioxidant and anti-inflammatory effects (Saini *et al.*, 2022). Research indicates that consuming green vegetables, such as spinach, can reduce the risk of stunting, obesity, diabetes, and other chronic diseases in children (Surmita *et al.*, 2025). Research shows that adding eggs to complementary foods can increase infant iron, zinc, and vitamin B12 intake (Gunawan *et al.*, 2024). Eggs are an excellent source of animal protein for complementary foods. One egg (50 grams) contains approximately 6 grams of protein, 5 grams of fat, and various essential vitamins and minerals, such as vitamin B12, iron, vitamin A, zinc, and selenium (Mesas *et al.*, 2022). Furthermore, eggs contain choline, which is vital for brain development and memory function in infants (Yamashita *et al.*, 2023).

## METHODS

This series of community service activities began with a site survey. The team surveyed the area designated for the Community Service Program (PKM) and approached relevant stakeholders, including the local Village Head. This stage also presented the objectives and planned activities, processed permits and cooperation agreements, and established an activity schedule. The target participants were *Posyandu* (integrated health post) cadres for toddlers in Menampu Village, Gumukmas District, Jember Regency. The community service activities were held at the Menampu Village hall on Saturday, December 7, 2024, from 9:00 AM to 1:00 PM WIB, with 15 participants. The extension team consisted of lecturers and students, accompanied by a representative from the village head.

The next stage was the implementation of the activities. Several tasks needed to be completed before the activities began, including developing educational materials (brochures and PowerPoint presentations) and preparing tools and materials for the healthy food preparation training. The final stage of the activities included a discussion and evaluation. Evaluation was conducted by administering a questionnaire to assess participants' satisfaction with the community service activities. Based on the results of the discussion and evaluation, follow-up actions necessary to ensure the continuity of the activity can be planned. A general outline of this community service activity is shown in Figure 1.



**Figure 1.** Community service activity flow  
*Source: Community service, 2025*

The method used in this community service is to provide knowledge and practice in training sessions. The indicator of the training activity's success is the increase in scores from the pre-test to the post-test. Competition is assessed based on the average score of the community service team across several indicators, with a minimum target score of 4 (good) to 5 (very good). The community service activity began with participant registration and attendance checks. Participants then completed a pre-test to assess their knowledge prior to receiving education and training. The pre-test took approximately 10 minutes to complete, after which the team assessed the results. The next stage involved providing materials and brochures on stunting, including its definition, symptoms, effects on children, case management, and prevention strategies. In addition to these materials, materials were presented on healthy food and snack preparation methods that can improve children's nutritional value using simple ingredients.

The following material examines the need for balanced nutrition through local food sources. This material was designed to equip the Posyandu (Integrated Service Post) cadre team for toddlers with the understanding and skills needed to meet balanced nutritional needs based on local foods. Participants were provided with materials on the importance of balanced nutrition in stunting prevention, the variety of healthy, affordable, and nutritious local food sources, food management, and food storage. Participants, who were *Posyandu* cadres for toddlers, also participated in selecting frequently and rarely consumed local foods. In this material, the implementing team explained how to select local food sources in good condition, how to wash them, how to store them, and how to cook them using various basic techniques, including boiling, steaming, frying, baking, and sautéing. After participants learned to prepare food, they were also taught the portion sizes children require per meal, based on age.

## RESULTS AND DISCUSSION

The results of the training activities are reflected in increases of 25% in participants' knowledge of local food nutrition, 9.7% in food safety, and 9.5% in knowledge of packaging labels. This community service aims to enhance community creativity in developing menus that use local food ingredients to prevent stunting. For the evaluation, participants were asked to provide input and opinions regarding the implementation of the community service program. Participants generally found this activity very helpful, as they gained insight into and knowledge that nutritious, balanced meals need not be expensive. Many

local foods are inexpensive and readily available, including eggs, chicken liver, salted fish, catfish, anchovies, sweet potatoes, bananas, spinach, coconut milk, peanuts, and other foods that can be used as alternatives to ensure balanced nutrition. Furthermore, participants gained new knowledge about the portion sizes required for children per meal.

### **Posyandu Cadres Knowledge**

One approach to prevent stunting is to provide community health education to increase knowledge and awareness. Mothers with adequate nutritional knowledge can provide their children with appropriate types and amounts of food to support their growth and development (Widiyanti *et al.*, 2021). Stunting can increase the risk of death and result in long-term impairment of cognitive and motor development, which can impact productivity and increase the risk of non-communicable diseases. One of the leading causes of stunting in children is a lack of nutritious food intake. Inadequate intake of energy, fat, protein, and iron is associated with stunting. These nutrients can be obtained from readily available foods, such as spinach (Akhsanitaqvim *et al.*, 2024). Appropriate education is expected to significantly improve mothers' knowledge and attitudes regarding the maintenance of children's nutritional needs, thereby reducing stunting rates.

Therefore, nutritional literacy about good food to prevent stunting is essential for mothers to apply to their children (Amelia *et al.*, 2025). The community service activity began with participant registration and attendance checks. Participants then completed a pre-test to assess their knowledge prior to receiving education and training. The pre-test took approximately 10 minutes to complete, after which the team assessed the results. The next stage involved providing materials and brochures on stunting, including its definition, symptoms, effects on children, case management, and prevention strategies. In addition to these materials, materials were presented on healthy food and snack preparation techniques that can improve children's nutritional value using simple ingredients. The following material examines the need for balanced nutrition through local food sources.



**Figure 2.** Implementation of cadres providing information on toddler nutrition and stunting prevention  
*Source: Community service, 2025*

This material was designed to equip the Posyandu (Integrated Service Post) cadre team for toddlers with the understanding and skills needed to meet balanced nutritional needs based on local foods. Participants were provided with materials on the importance of balanced nutrition in stunting prevention, the variety of healthy, affordable, and nutritious local food sources, food management, and food storage (see **Figure 2**).

Participants, who were *Posyandu* cadres for toddlers, also participated in selecting frequently and rarely consumed local foods. In this material, the implementing team explained how to select local food sources in good condition, how to wash them, how to store them, and how to cook them using various basic techniques, including boiling, steaming, frying, baking, and sautéing. After participants learned to prepare food, they were also taught the portion sizes children require per meal, based on age.

For the evaluation, participants were asked to provide input and opinions regarding the implementation of the community service program. Participants generally found this activity very helpful, as they gained insight into and knowledge that nutritious, balanced meals need not be expensive. Many local foods are inexpensive and readily available, including eggs, chicken liver, salted fish, catfish, anchovies, sweet potatoes, bananas, spinach, coconut milk, peanuts, and other foods that can be used as alternatives to ensure balanced nutrition. Furthermore, participants gained new knowledge about the portion sizes required for children per meal. To ensure the program's sustainability, the implementation team, together with participants, compiled a menu book based on local food sources that can serve as a reference for meeting balanced nutritional needs.

### **Nutrition for Toddlers and Stunting**

Nutritional literacy is the ability to seek, absorb, and understand information about nutrition (Al Tell *et al.*, 2023). Practicing nutritional literacy is crucial for creating and maintaining a healthy nutritional status in the community. Proper application of nutritional literacy, especially by mothers, can also foster motivation to apply the information obtained (Prasetyo *et al.*, 2023). Nutritional information is reflected in the food served, which is tailored to the toddler's age. The success of nutritional literacy is evident in the provision of supplementary foods, such as healthy snacks, to help toddlers meet their nutritional needs (Silva *et al.*, 2023). To meet toddlers' nutritional needs, particularly with respect to affordability and ingredient availability, local ingredients readily available at home can be used (Nur & Samsul, 2025).



**Figure 3.** Processing of local food ingredients, boiled spinach eggs (TEBUS)  
*Source: Community service, 2025*

This community service activity is expected to enhance the role of cadres in educating children about the importance of maintaining adequate nutrition to prevent stunting. Cadres' knowledge of appropriate nutrition positively influences the food consumed by toddlers and other family members, which, in turn, can affect the nutritional status of toddlers and their families (Harahap *et al.*, 2023). The improvement in nutritional literacy through the implemented program is expected to translate into concrete actions to prevent stunting in Menampu Village (see **Figure 3**). The success of the stunting management and prevention program depends on support from all levels of society.

Therefore, beyond the implemented program activities, the actual participation of relevant parties is also necessary to achieve the program's primary objectives (Ipa *et al.*, 2023). Community service activities can enhance community skills, increase productivity, and initiate the utilization of local resources through the management of available community resources (Nurhidayati *et al.*, 2020). The extent of participant engagement measures the success of the technical guidance during the activity and the effectiveness with which facilitators, presenters, and mentors implemented the activities. Appropriate education is expected to significantly improve mothers' knowledge and attitudes regarding the maintenance of children's nutritional needs, thereby reducing stunting rates (Soviyati *et al.*, 2023). Therefore, nutritional literacy about good food to prevent stunting is essential for mothers to apply to their children.

## **Discussion**

The training provided to *Posyandu* cadres improved their knowledge about stunting and the use of local food ingredients in Menampu Village, Gumukmas District. In addition to improving their knowledge, *Posyandu* cadres also motivated mothers with toddlers to prepare nutritious and high-protein meals using local food products from the surrounding community. It is hoped that this training will enable *Posyandu* cadres to use *Posyandu* as the frontline in combating the still-high rate of stunting in Gumukmas District. In addition to education, hands-on practice with local ingredients, such as eggs and spinach, was conducted to prepare delicious and nutritious meals that help prevent stunting. This practice is expected to foster *the creativity of Posyandu cadres* in preparing supplementary feeding (PMT) and disseminating it to mothers with toddlers. *Knowledge among Posyandu cadres* increased due to the effectiveness of health education.

The strategy for changing individual behavior is to provide information that increases knowledge, thereby fostering awareness and encouraging individuals to act in accordance with that knowledge. One way to provide information is through health education, including counseling and other methods. Knowledge arises when a person perceives an object or stimulus as information. Information on stunting prevention is readily available due to advances in technology. This can also influence respondents' level of knowledge about stunting prevention prior to health education (Astuti, 2022). With health education on stunting prevention, it is hoped that knowledge will change and serve as an early effort to prevent stunting. Cadres play an important role in communicating information to pregnant women and mothers of toddlers about preventing early stunting.

In addition, *Posyandu* plays an important role in monitoring the health of mothers and toddlers in Menampu, Gumukmas, as *Posyandu* cadres are trusted community leaders. Local food is an alternative strategy for preventing stunting. Local food sources are steeped in traditions and customs, widely distributed throughout the community, readily available, affordable, and nutritious. Local potential can be harnessed through the use of various food ingredients to produce highly nutritious meals. Given the significant benefits for children's health and nutrition, diversifying local food processing is essential to enhance the nutritional content and added value of food commodities, thereby improving their suitability for children's needs, including preventing stunting (Putri *et al.*, 2023). Unfortunately, there are still obstacles to utilizing local potential, namely, limited public knowledge about how to process local resources.

## **CONCLUSION**

Community service activities that strengthen sustainable local food systems play a crucial role in addressing stunting, particularly among families at risk. Through these activities, the community gains new insights and is expected to lead to behavioral changes that encourage the consumption of nutritious foods

to prevent stunting. Education equips the Posyandu (Integrated Service Post) cadre team with skills to support toddlers in increasing access to nutritious food. Through these activities, participants are empowered to recognize and utilize the potential of local food in Menampu Village, thereby building awareness of local food sustainability. Training in preparing healthy foods and snacks is expected to enhance knowledge and creativity in processing basic ingredients into appealing and nutritious dishes. To ensure the program's sustainability, the implementation team, together with participants, compiled a menu book based on local food sources that can serve as a reference for meeting balanced nutritional needs.

## AUTHOR'S NOTE

The author declares that there is no conflict of interest regarding the publication of this article. The author confirms that the article's data and content are free of plagiarism.

## REFERENCES

- Aksanitaqwm, Y., Arista, N. I. D., & Septiyanto, A. (2024). Biofortified biscuits with indigenous plants: An innovative approach to prevent stunting in early childhood. *Public Health Risk Assessment Journal*, 2(1), 1-15.
- Al Tell, M., Natour, N., Alshawish, E., & Badrasawi, M. (2023). The relationship between nutrition literacy and nutrition information seeking attitudes and healthy eating patterns among a group of Palestinians. *BMC Public Health*, 23(1), 1-8.
- Amelia, R. N., Dewi, E. I. K., Saleh, M., & Kurniawan, T. P. A. (2025). Sosialisasi dan percepatan penanggulangan stunting melalui pemberian makanan tambahan pada balita di Grogolan, Boyolali. *Jurnal Jupema*, 4(1), 13-23.
- Ansori, M. (2022). Pengaruh penyuluhan gizi terhadap peningkatan pengetahuan stunting pada kelompok masyarakat di Desa Kelampaian Kecamatan Pontang Kabupaten Serang. *Pengabdian dan Pengembangan Masyarakat Indonesia*, 1(1), 1-4.
- Astuti, D. S. (2022). Pengaruh pendidikan pencegahan stunting terhadap pengetahuan kader posyandu. *Jurnal Ilmiah Kesehatan*, 21(2), 83-89.
- Gunawan, D. C. D., Agus, A., & Hanif, M. F. (2024). Daily consumption of functional egg increases hemoglobin level of children with anemia. *Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 12(5), 364-371.
- Harahap, S. G., Mailintina, Y., Ellynia, E., Efkelin, R., & Pipin, A. (2023). Happy family without stunting melalui pemberian edukasi status gizi untuk ibu dan kader Jakarta Utara. *Apma Jurnal Pengabdian Masyarakat*, 3(1), 47-55
- Hatijar, H. (2023). Angka kejadian stunting pada bayi dan balita pendahuluan. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12(1), 12-17
- Husnah, H., Sakdiah, S., Anam, A. K., Husna, A., & Mardhatillah, G. (2022). Peran makanan lokal dalam penurunan stunting. *Jurnal Kedokteran Nanggroe Medika*, 5(3), 47-53.
- Ilmy, R. M., Basiroh, A., & Rakhmawati, D. (2025). Pemanfaatan pangan lokal untuk pencegahan stunting melalui olahan MPASI pada ibu hamil dan ibu yang memiliki balita di Desa Margahayu Kabupaten Tasikmalaya. *Khidmat*, 5(1), 11-22.
- Ipa, M., Yuliasih, Y., Astuti, E. P., Laksono, A. D., & Ridwan, W. (2023). Stakeholders' role in the implementation of stunting management policies in Garut Regency. *Jurnal Administrasi Kesehatan Indonesia*, 11(1), 26-35
- Lismarina, L., Firdaus, M. Y., Salsabila, R., Suprawijaya, D. A., Zein, Z. A., Wiguna, A. A., ... & Fadhilah, M. A. (2025). Pendampingan pemanfaatan pangan lokal berbasis bayam (*Amaranthus SPP*) dalam produk bolu kukus untuk pencegahan stunting di Desa Pataruman Kabupaten Bandung Barat. *Aksiologi: Jurnal Pengabdian kepada Masyarakat*, 9(4), 527-539.
- Manikas, I., Ali, B. M., & Sundarakani, B. (2023). A systematic literature review of indicators measuring food security. *Agriculture and Food Security*, 12(1), 1-31.
- Meiyenti, S., Effendi, N., Djafri, D., & Devianto, D. (2025). Cultural barriers in stunting prevention policy implementation: An ethnographic study in West Sumatra, Indonesia. *Cogent Social Sciences*,

11(1), 1-19.

- Mesas, A. E., Fernández-Rodríguez, R., Martínez-Vizcaíno, V., López-Gil, J. F., Fernández-Franco, S., Bizzozero-Peroni, B., & Garrido-Miguel, M. (2022). Organic egg consumption: A systematic review of aspects related to human health. *Frontiers in Nutrition*, 9(1), 1-7.
- Mulyadi, D. V., Nurjanah, T., Ikrimah, A. L. M., & Pasaribu, D. H. A. (2024). Stunting prevention counseling and supplementary feeding in Margaasih. *Dedicated: Journal of Community Services (Pengabdian kepada Masyarakat)*, 2(2), 457-466.
- Nur, A., & Samsul, S. (2025). Effectiveness of providing local food-based supplementary food on toddler nutritional status: A review. *Journal of Health Science and Pharmacy*, 2(2), 245-251.
- Nurhidayati, S., Khaeruman, K., & Lukitasari, D. (2020). Pemberdayaan kelompok masyarakat Desa Ketapang Raya melalui usaha produktif terasi rebon pasca gempa Lombok. *Lambung Inovasi: Jurnal Pengabdian kepada Masyarakat*, 5(1), 1-8.
- Nurjanah, R. S., Safitri, W., Somantri, W. R., & Ikrimah, A. L. M. (2023). The urgency of introducing balanced nutrition in early childhood to prevent stunting. *Dedicated: Journal of Community Services (Pengabdian kepada Masyarakat)*, 1(2), 219-228.
- Prasad, R. V., Dhital, S., Williamson, G., & Barber, E. (2024). Nutrient composition, physical characteristics and sensory quality of spinach-enriched wheat bread. *Foods*, 13(15), 1-12.
- Prasetyo, Y. B., Permatasari, P., & Susanti, H. D. (2023). The effect of mothers' nutritional education and knowledge on children's nutritional status: a systematic review. *International Journal of Child Care and Education Policy*, 17(1), 1-16.
- Prastia, T. N., Listyandini, R., Nuryana, H., Setiadi, M. A., Sintani, R. D., Ibn, U. (2023). Utilization of local food as an effort to prevent stunting toddlers in Ciaruteun Udik Village. *PengabdianMu*, 8(5), 736-742.
- Putri, R. A., Sulastri, S., & Apsari, N. C. (2023). Pemanfaatan potensi lokal dalam upaya pencegahan stunting. *International Journal of Demos*, 5(1), 16-28.
- Ritonga, N., Nasution, N. H., Hidayah, A., Ramadhini, D., Harahap, Y. W., Siregar, Y. A., & Batubara, N. (2024). Edukasi dan demonstrasi pengolahan Isi Piringku (sop daun kelor) dalam atasi stunting. *Abdine: Jurnal Pengabdian Masyarakat*, 4(1), 120-125.
- Ruiz, Y. D., Nariño, O. S., Almonte, J. M. J., & Domínguez, J. A. M. (2022). Household food security as a complex system—contributions to the social sciences from the Cuban perspective during a pandemic. *Sustainability (Switzerland)*, 14(1), 1-18.
- Saini, R. K., Song, M. H., Yu, J. W., Lee, J. H., Ahn, H. Y., Keum, Y. S., & Lee, J. H. (2022). Profiling of nutritionally vital bioactive compounds in emerging green leafy vegetables: A comparative study. *Foods*, 11(1), 1-14.
- Shayan, N. F., Mohabbati-kalejahi, N., & Alavi, S. (2022). Sustainable Development Goals (SDGs) as a framework for Corporate Social Responsibility (CSR). *Sustainability*, 14(3), 1-27.
- Silva, P., Araújo, R., Lopes, F., & Ray, S. (2023). Nutrition and food literacy: Framing the challenges to health communication. *Nutrients*, 15(22), 1-25.
- Soviyati, E., Sulaeman, E. S., Sugihardjo, S., & Wiboworini, B. (2023). Effect of applying the health promotion model in stunting prevention and behavior control in Indonesia. *Journal of Education and Health Promotion*, 12(1), 1-9.
- Sukmawati, S., Hermayanti, Y., Fadlyana, E., Maulana, I., & Mediani, H. S. (2025). Health cadres' experiences in detecting and preventing childhood stunting in Indonesia: A qualitative study. *BMC Public Health*, 25(1), 1-10.
- Surmita, S., Sekartini, R., Kekalih, A., & Chandra, D. N. (2025). The role of dietary diversity and other factors to stunting among infants and toddlers in West Java, Indonesia. *Egyptian Pediatric Association Gazette*, 73(1), 1-11.
- Widiyanti, D. S., Fauzi, R., & Afarona, A. (2021). Penanggulangan masalah stunting balita melalui Pemberian Makanan Tambahan (PMT) puding kelor di Desa Kutogirang. *Jurnal Pengabdian Siliwangi*, 7(2), 67-70.
- Yamashita, S., Kawada, N., Wang, W., Susaki, K., Takeda, Y., Kimura, M., ... & Matsuoka, R. (2023). Effects of egg yolk choline intake on cognitive functions and plasma choline levels in healthy middle-aged and older Japanese: A randomized double-blinded placebo-controlled parallel-group study. *Lipids in Health and Disease*, 22(1), 1-14.