TRAINING FOR THE MANUFACTURE OF FROZEN FOOD PRODUCTS TO INCREASE COMMUNITY INCOME IN DEALING WITH THE IMPACT OF COVID-19 IN KONawe UTARA DISTRICT

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Abstract

The Covid-19 pandemic has had a negative impact on the joints of the community's economy, people's income has decreased due to limited economic activity in the community. Many people have lost their jobs, decreased income and growing unemployment. One solution that can be done is to develop a home industry, namely the manufacture of frozen food and market it online. With this activity it is hoped that it can increase people's income by only working at home, of course it can help the government in maintaining stability, especially the community's economy and also assist the government in reducing the spread of Covid-19 by keeping a distance or reducing gatherings in crowded places due to activities carried out at home.

The implementation of this PkM activity focuses on two things, the first is related to training in producing ready-to-eat frozen food products, and the second is providing training on how to market frozen food products through effective online marketing channels. PkM activities will be attended by 30 housewives in North Konawe Regency.

Keywords: Training, Product, Frozen Food, Community Income, Covid-19

INTRODUCTION

The Covid-19 outbreak is still spreading and infecting many people around the world. The spread was very fast. According to WHO data published in the Kompas daily news on April 16 2020, to date the number of cases of Covid-19 infection globally is 2,083,070 cases, according to data released by Ahmad Yurianto, spokesman for the Indonesian government for handling Covid-19, the number of cases infected with Covid-19 up to April 16 2020, there were 5,136 cases with a death rate of 496 people.

The rapid spread of Covid-19 both globally and nationally has had many impacts on human life. One of them is the economic impact that hit all countries in the world including Indonesia. According to the Minister of Finance of the Republic of Indonesia Sri Mulyani, Indonesia's economic growth is predicted to fall to 0.4%, far from the growth target assumed in the 2020 State Budget, which is 5%.

The government has taken various steps to overcome the negative effects of this pandemic. On April 1, 2020, President Joko Widodo signed a Perppu on State Financial Policy and Financial System Stability, in which the government decided to increase spending and budget financing to deal with the impact of Covid-19, namely IDR 405.1 trillion. Details of the use of the budget are as shown in table 1 below.
If you look at the data table above, it shows that most of the funds used as a result of the presence of Covid-19, were for economic recovery. This illustrates that the existence of this covid has provided a very large influence on economic activities in society. Both at regional and national levels.

Table 1. Details of Expenditure and Budget to Overcome the Impact of Covid-19

<table>
<thead>
<tr>
<th>Priority</th>
<th>Description</th>
<th>IDR Value (Trillion)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health</td>
<td>T. Medical incentives and health spending</td>
<td>75</td>
</tr>
<tr>
<td>Social Protection</td>
<td>Social SafetyNet</td>
<td>110</td>
</tr>
<tr>
<td>Industry Support</td>
<td>Tax, Import Duty, KUR</td>
<td>70,1</td>
</tr>
<tr>
<td>Economic Recovery</td>
<td>National Economic Recovery Program</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>Amount</td>
<td>405.1</td>
</tr>
</tbody>
</table>


As a step in an effort to get around the impact of Covid-19 on the community's economy, through this PkM activity a topic was selected that was very relevant to the government's program in order to revive the community's economy amid the ongoing spread of Covid-19, with the topic "Training on Making Frozen Food Products to Increase Community Income In Facing the Impact of Covid-19 in North Konawe Regency"

The purpose of this activity, namely; 1). Conduct training on efforts to increase community income. 2). Train and develop frozen food home industry entrepreneurs for housewives. 3). Train housewives to understand the marketing model for frozen food home industry entrepreneurial products amid the impact of Covid-19

**IMPLEMENTATION METHOD (SOLUTIONS AND OUTPUT TARGETS)**

**Activity Targets**

The target of this community service activity is housewives affected by Covid-19 who are already in Sambandete Village, Oheo District, North Konawe Regency. This housewife is expected to be able to make frozen food products and understand the marketing model. The objectives of this activity are: To introduce ways that can provide economic solutions through increasing income during the Covid-19 pandemic and for the long term. To realize the above
goals, training is carried out on the benefits and how to make frozen food and how to market it.

**Activity Output**

The expected outcomes of this community service are: 1). Housewives understand and can make frozen food as a product of training. 2). Housewives can find out the marketing model for home industry products during the Covid-19 pandemic. 3). Publication through online media on how to make ready-to-eat food products (frozen food) and how to market frozen food products. The method of implementing PKM activities for housewives in Sambandete Village, Oheo District, North Konawe Regency will be carried out in two stages, namely the preparation stage and the implementation stage.

**Preparation**

The preparatory stage is preparing the needs for training activities for Making Frozen Food Products for housewives in Sambandete Village, Oheo District, North Konawe Regency, at this stage several activities are carried out, namely:

1. Observation of housewives in Sambandete Village, Oheo District, North Konawe Regency which was affected by Covid-19.
2. Create and prepare competent materials and sources according to the problems faced.
3. Prepare equipment, accommodation and instruments for the implementation of training on the Manufacturing of Fast-Food Products (Frozen Food).

**Implementation of Activities**

PKM in Manufacturing Ready Food Products (Frozen Food) for housewives in Sambandete Village, Oheo District, Konawe Utara District, focuses on increasing creativity, self-confidence and skills in preparing themselves for entrepreneurship to increase income. Therefore, the training on Making Frozen Food Products will be carried out on several themes, namely; 1). Strengthening creativity in finding fresh ideas for entrepreneurship. 2). Build self-confidence to be able to socialize by forming a network (networking) so as to be able to maximize production results. 3). Improved skills in making frozen food products.

**Evaluation**

Evaluation of the implementation of activities is needed in order to achieve the objectives of the activity. The evaluation design for this activity was carried out by a team with a
comprehensive evaluation, namely conducting evaluations before and after the PkM activities were carried out. Evaluation includes indicators: Participants' understanding of the material provided, Enthusiasm in carrying out activities, Clarity of material provided, Ease of receiving materials, The way the presenter conveys the material, Completeness of training equipment, training accommodation, Improving the skills of housewives in making ready-to-eat food products (Frozen Food).

Program Continuity Plan

PkM activities in Sambandete Village, Oheo District, North Konawe Regency were mothers who were affected by Covid-19, namely some husbands were laid off from companies, so PkM was directed to be based on empowerment, the indicator of program success was an assessment of the process that started from planning, implementation, and results. To ensure the sustainability of results for housewives in Sambandete Village, Oheo District, North Konawe Regency, Halu Oleo University, which is an institution of the Proposal Team, will collaborate in the form of university/faculty-guided youth, so that the impact of this PkM activity does not stop at the implementation of this activity, but will be carried out in the form of other activities.

RESULTS AND ACTIVITIES DISCUSSION (IMPLEMENTATION OF ACTIVITIES)
Delivery of Frozen Food Materials

The first step taken is to deliver material related to frozen food processing which will be practiced in the field at home industries. The material was presented by the Team entitled frozen food business (processed frozen food), the presentation of the material starts from;
1. What is frozen food, in this part the presenter wants to know the participants' understanding of what frozen food is.
2. How to start a frozen food business in this section before the participants carry out field practice the speaker/speaker explains to the participants how to start the frozen food business.
3. Frozen food business opportunity, frozen food is a form of business that is considered practical, because just to consume it, frozen food can be frozen so that it can last for the next few days and can even last for more than one month. Especially during this pandemic, people are not allowed to leave their homes, so frozen food is practical enough to be used as a business opportunity that will stabilize the people's economy.
Practice of Making Frozen Food Products (The Process of Making Beef Meatballs)

Meatballs are one of the foods that are in great demand by many people and as we know that there are many types of meatballs that are sold, one of which is beef meatballs. Meatballs are food products made from ground meat as the main ingredient. The ground meat is then mixed with various ingredients, such as flour and spices along with other ingredients which have also been mashed, the mixed ground beef is then shaped into balls and then boiled until cooked. The term meatball is usually followed by the name of the type of meat, such as beef meatball, fish meatball, shrimp meatball, chicken meatball and so on.

1. Ingredients for Beef Meatballs

The ingredients used in the process of making beef meatballs are as follows:

<table>
<thead>
<tr>
<th>Material:</th>
<th>Beef Meatball Gravy Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ kg ground beef</td>
<td>3 liters of water</td>
</tr>
<tr>
<td>50 g of starch</td>
<td>5 shallots (fry and grind)</td>
</tr>
<tr>
<td>Salt 1 tsp</td>
<td>garlic cloves (fry and grind)</td>
</tr>
</tbody>
</table>
- Garlic 4 cloves, puree
- Ice cubes 40 g, crushed
- 1 egg
- Pepper powder ½ tsp
- Water 2 liters
- 2 tsp instant beef broth
- 2 tsp sugar
- 2 tbsp salt
- 1 tsp pepper
- 4 scallions, take the white part, sliced.

**How to Make Beef Pentol**

The way to make beef pentol is as follows:

1. Put the ground beef into the container. Then mix the starch, salt and garlic, eggs, ground pepper. Mix or knead by hand or you can use a tool until everything is perfectly mixed.

2. If the dough is still soft and difficult to form, then add ice cubes slowly until you feel the dough can be formed.

3. Boil water in a saucepan until it boils.

4. Take the meat mixture and form a round with both hands or with one hand pressed until the dough comes out through the index finger and thumb.

5. Put the dough that has been formed into the hot water.

6. Continue until the dough runs out.

7. If the pentol has floated, the pentol is ready and can be removed.

**Jalangkote Making Process**

Jalangkote is a typical Makassar culinary snack that looks similar to a patty. The difference is that pastel cakes have thicker skin than jalangkote and if the pastels are eaten with cayenne pepper, jalangkote is eaten with liquid chili sauce mixed with vinegar and chili. The jalangkote filling contains carrots, diced potatoes, bean sprouts, and laksa, which are sautéed using garlic, shallots, pepper and other spices and adding a quarter or half of a boiled egg and minced meat for the filling. While the skin is made of flour, salt, butter and eggs.
Figure 3 Jalangkote Making Process

1. Tools and Materials

The tools and materials used in the process of making jalangkote are as follows:

<table>
<thead>
<tr>
<th>Material:</th>
<th>Tool:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Material for bitchkote skin</td>
<td>- Rolling pins</td>
</tr>
<tr>
<td>- 750 g medium protein flour</td>
<td>- Basin</td>
</tr>
<tr>
<td>- 250 g of butter</td>
<td>- Wok</td>
</tr>
<tr>
<td>- 1 egg</td>
<td>- Stove</td>
</tr>
<tr>
<td>- Salt</td>
<td>- Spatula</td>
</tr>
<tr>
<td>Water</td>
<td>- Cooking oil</td>
</tr>
<tr>
<td>2. Ingredients for the contents of jalangkote</td>
<td>- Potato</td>
</tr>
<tr>
<td>- Minced chicken, Garlic, Red onion</td>
<td>- Carrot</td>
</tr>
<tr>
<td>- Big chili, Leek, Dun soup, Pepper, Sugar</td>
<td></td>
</tr>
<tr>
<td>- Salt</td>
<td></td>
</tr>
</tbody>
</table>

How to make Jalangkote

The way to make jalangkote is as follows:

1. Make jalankote skin first. Mix all the ingredients in the container provided. Then stir the mixture by hand until the mixture is mixed. After the dough has been thoroughly mixed, let the dough rest for 30 minutes and cover the dough with a cloth.

2. After making the jalankote skin, then make the contents of the jalankote. Put enough cooking oil into the pan, then after the oil is hot, put the ingredients into the pan and stir until smooth. After it is well mixed, stir the ingredients until cooked and dry. After the material has dried, cool the material to be put into jalangkote skin.
3. Then after the dough for jalankote skin has rested, take some dough then divide the dough into several parts according to taste. After that, the shape of the dough becomes round like a small loaf.

4. Take one dough then roll the dough until thin, using a rolling pin. Repeat until the dough runs out.

5. After the contents for the jalankote are cold, put the contents into the jalankote skin that was rolled before. Then tighten the edges of the skin so that the contents do not come out. Shape the edges of the skin like the jalankote model to make it more attractive.

6. Once done, heat the oil over medium heat. The oil should not be too hot, if the oil is too hot it can damage the texture of jalankote

7. After that, put all the mixture into the oil and fry until golden brown.

The Process of Making Tofu Meatballs

Similar to making beef meatballs, tofu meatballs are also food made from tofu which contains meatball ingredients. The tofu filling can be made from beef meatballs, fish balls, shrimp balls and so on according to taste.

Figure 4. Tofu Meatballs

1. Tools and Materials

The tools and materials used in the process of making tofu meatballs are as follows:

<table>
<thead>
<tr>
<th>Material</th>
<th>Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh tofu</td>
<td>Stove</td>
</tr>
<tr>
<td>Meatball dough</td>
<td>Wok</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>Basin</td>
</tr>
<tr>
<td></td>
<td>Spoon</td>
</tr>
</tbody>
</table>
How to Make Tofu Meatballs

The way to make tofu meatballs is as follows:

1. Slice the tofu then add the meatball mixture that has been prepared. Repeat until all the tofu is filled with meatball dough.
2. After that, heat the oil. Once the oil is hot enough, add the tofu one by one.
3. Fry the tofu until cooked, if it is cooked remove the tofu and drain. Meatballs are ready to be served.

CONCLUSION

Some conclusions and suggestions that can be drawn from the implementation of this activity in home industries with frozen food products in North Konawe Regency, namely:

1. This PkM program can run well according to the planned time.
2. The participants were very enthusiastic about participating in the training, because the training provided new knowledge and at the same time increased the skills of the participants.
3. Frozen food products produced in the training namely; jalan kote, beef meatball, and tofu with meatball filling.

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