

# **Empowerment of Posyandu Cadres in Covid-19 Prevention through Simulation of Selection of Good Quality Food Materials B**

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## **ABSTRACT**

### **Abstract**

This PPM activity aims to provide training to posyandu cadre women about Covid-19 and its prevention, nutritional intake to prevent Covid-19, and the selection of meat and vegetable food ingredients. Based on the training that has been followed, it is hoped that posyandu cadres can understand how to prevent Covid-19 through nutritional regulation and selection of the right food ingredients and be able to provide a nutritious diet, so that family members are healthy, with good immune system and free from Covid-19.

The implementation of PPM activities was carried out by giving lectures about Covid-19 and its prevention, nutritional intake to prevent Covid-19 and selection of meat and vegetable food items that are carried out online via h zoom meeting application. This activity was attended by 30 people consisting of 2 midwives and 28 posyandu cadres in Bayat, Klaten.

The results of the PPM activities show that there is an increase in the understanding of the material for the PPM participants which can be seen from the results of the pretest and posttest. Participants assessed the usefulness of PPM with a customer satisfaction instrument from LPPM UNY which showed that this PPM was very beneficial for the participants with an average score of 3 (1-4 scale).

*Kata Kunci: Keywords: Covid-19, posyandu cadres, nutritional intake, protein.*