

INNOVATION OF SNACK BAR MADE FROM LOCAL FOOD AS A STAMINA RECOVERY ALTERNATIVE FOR SPORTS IN THE TIMES COVID-19 PANDEMIC

by Fitri Rahmawati, Okky Indera Pamungkas, Risti Nurfadhila

ABSTRACT

ABSTRACT

This research was conducted with the aim of supporting local food based on food security which has the potential as a food source of energy and protein. The aims of this study were: 1) Find a recipe for a snack bar made from corn and tempeh, 2) Find out the nutritional content of a snack bar made from corn and tempeh, 3) Package and label snack bars made from corn and tempeh, 4) Calculate the selling price of snack bars. made from corn and tempeh, 5) Knowing the level of public acceptance of snack bars made from corn and tempeh.

This research will use the Research and Development (R&D) method, with a 4D development model (Define, Design, Development and Dissemination). The research was carried out in March-October 2021. The research was carried out at the Food Laboratory, Faculty of Engineering, UNY. Data analysis used descriptive statistics and t test. The research was conducted for 10 months to produce a snack bar that is rich in energy and protein, has an attractive packaging and is liked by consumers. This Snack Bar product can not only support the improvement of health status but also can realize local food-based food self-sufficiency.

Based on the stages of product development of UNY Bar with tempeh substitution, the following conclusions were obtained: 1) The final result of the UNY Bar recipe was 75% soybean tempeh: 25% corn chips 2) The results of the nutritional analysis of UNY Bar showed that every 100 grams contained 2.12% ash. , 9.96% fiber, 4.77% water, 20.13% fat, 10.56% protein, 51.81% carbohydrates, and 430 cal Energy. 3) Packaging using aluminum foil to keep the product safe and labels with elegant designs add to the public's attractiveness. 4) One package of UNY Bar is sold for Rp. 4.200, - 5) Public acceptance of the results of UNY Bar product acceptance testing which includes color, aroma, texture, taste and overall favorable or acceptable acceptance.

Kata Kunci: *Innovation, Snack bar, Local food, Stamina recovery, Exercise, Covid-19*