

Counseling on the use of aloe vera leaves and piper bettle to keep health dealing with COVID-19 pandemic for household mother

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ABSTRACT

This activity was carried out to overcome the problems faced by housewives in the face of the Covid-19 pandemic regarding food security and clean lifestyles. Cultivation and processing of aloe vera and betel is one alternative to solve this problem. This service activity aims to provide knowledge about the benefits of aloe vera leaves and betel leaves for human health and the environment, provide an understanding of the importance of using aloe vera and betel leaves, and provide an understanding of how to make hand sanitizers from betel leaf, make drinks, candy, and pudding from aloe vera leaves. Extension activities are carried out online and offline. The offline activities were carried out in the Klepu Pastoral, Sendangmulyo, Minggir, Sleman, DIY. This activity was attended by housewives in West Sleman, including Minggir, Moyudan, and Godean districts. The activity materials include: Chemical Composition of Aloe Vera (Karim Theresih), Making drinks from aloe vera leaves (Cornelia Budimarwanti), Benefits of aloe vera for health (M. Pranjoto Utomo), Making hand sanitizers from betel leaves (Regina Tutik P), Making Hand Aloe Vera Sanitizer (RR Lis Permana Sari), and Aloe Vera Candy Making (Dr. Das Salirawati). This service activity is useful to increase knowledge, skills and experience for the participants.

Kata Kunci: *counseling, aloe vera leaf, betel leaf*