

# UPNVJ Lecturers Provide Vegetable Nugget Processing Training as a Healthy MPASI Choice

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**UPNVJ Public Relations** - A team of lecturers from the National Development University "Veteran" Jakarta (UPNVJ) held a Community Service (PKM) activity entitled "Training in Making Complementary Breastfeeding Foods (MPASI) Using Local Food Ingredients as an Entrepreneurial Potential" at the Pengasinan Community Health Center Hall, Depok. This activity targeted mothers who were Posyandu cadres and the Women Heads of Households (PEKKA) group in Pengasinan Village to empower them in entrepreneurship through the production of locally sourced MPASI, especially vegetable nuggets. (27/8)

**MPASI Innovation for Nutrition and Entrepreneurship** The activity, led by Dr. Firlia Ayu Arini, SKM, MKM, along with Dr. Ranila Suciati, Iin Fatmawati, MPH, and Nanang Nasrulloh, STP, MSI, aims to introduce nuggets made from chicken, fish, carrots, and broccoli as healthy MPASI. This product is rich in protein, vitamins, and minerals, supporting the nutritional needs of children at risk of stunting while also providing a business opportunity in the form of frozen food.

"These vegetable nuggets can be a healthy alternative to MPASI, replacing manufactured products that contain many preservatives," said Dr. Firlia to the UPNVJ Public Relations team, Friday, September 19, 2025. She hopes that participants can develop healthy nugget businesses to support the stunting reduction program.

Dr. Firlia emphasized, "Through this training, we hope that mothers can apply the knowledge they gain to produce healthy nuggets and turn it into a sustainable business opportunity."

**Practical and Interactive Training** : Fourteen participants, consisting of Posyandu cadres and PEKKA members, enthusiastically participated in the training. They received practical modules on MPASI recipes, packaging, labeling, business permit processing, halal certification, and financial planning. The practical session divided participants into four groups to make nuggets, which were then packaged using a *vacuum sealer*.

As a token of appreciation, the PKM team provided processing and packaging equipment to the group with the best product and the most attractive packaging. The training also involved students from the UPNVJ Nutrition Study Program, making the event more interactive and organized.

**Supporting Economic and Nutrition Empowerment:** This activity is a collaboration between the Faculty of Health Sciences and the Faculty of Economics and Business at UPNVJ, in line with the university's commitment to accelerating stunting reduction in Indonesia. By utilizing affordable local food, this training not only improves children's nutritional quality but also opens up economic opportunities for families in Depok.

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