

# The Potential of Trigona Honey as A Functional Food Solution for Malnutrition in Menggala Village, North Lombok Regency, West Nusa Tenggara Province

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## **The Potential of Trigona Honey as A Functional Food Solution for Malnutrition in Menggala Village, North Lombok Regency, West Nusa Tenggara Province**

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**Abstract.** Improving the quality of human resources from Menggala Village is constrained by the low quality of health of the residents in Menggala Village. This condition is known from the large number of residents in Menggala Village who have poor nutritional status. The potential of trigona honey as a functional food solution for malnutrition in Menggala Village, North Lombok Regency, is one of the efforts that can be made to improve the nutritional condition of the community. The purpose of this activity is to improve the poor nutritional status of the community for the better through independent trigona honey therapy. The method used is discussing existing problems with the community, educating and seeing the potential of natural resources, human resources in the village, as well as the potential of Trigona honey in overcoming malnutrition, establishing problem formulations with the community, formulating activity objectives and carrying out activities with the community to overcome malnutrition through the cultivation and development of trigona honeybees independently. Trigona honeybee therapy in overcoming malnutrition can improve the nutritional status of toddlers towards a better direction, this can be seen from the physical and behavioral changes experienced by the community in Menggala Village. The nutritional status of toddlers who are malnourished after being given trigona honey therapy can experience an increase in nutrition towards a better.

**Keywords:** Trigona Honey, Functional Food, Malnutrition, Menggala Village

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