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Innovation Of Healthy and Halal Menu in The Maqosid Shari'ah Perspective School Canteen in Tanjung Jabung Timur

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Abstract

The innovation of healthy and halal menus in school canteens in East Tanjung Jabung aims to improve the quality of nutrition and compliance with the principles of magasid sharia in student food consumption. This research highlights the importance of providing food that not only meets healthy and halal criteria, but also nutritious, to support the health and development of students. By implementing the concept of BERHAZI (Diverse, Halal, Nutritious) canteens, schools can provide more varied and attractive food options for students. Collaboration with halal-certified local producers is the main strategy to ensure the supply of quality foodstuffs. In addition, regular audits of the serving process and cleanliness in school canteens are needed to maintain halal standards and food safety. Nutrition education for students, teachers, and canteen managers is also the main focus to increase awareness of the importance of healthy eating. The involvement of parents and communities in healthy school programs can strengthen the implementation of these initiatives. Through a holistic approach that involves various parties, it is hoped that this innovation can create an educational environment that supports student health and integrates halal values in food consumption. This research provides insight into how innovative programs in school canteens can serve as a catalyst in creating a younger generation that is healthier and more responsive to religious values in daily life. In addition, the results of this research are expected to be a reference for education and health policies in other regions, as well as encourage further development regarding the provision of healthy and halal food in educational institutions. This shows that the integration of education, auditing, and collaboration activities has succeeded in improving the performance of school canteens in providing balanced and safe food for consumption.

Keywords: Healthy Menu, Halal, Maqasid Sharia, School Canteen, Nutrition Education.

INTRODUCTION

Health is a highly regarded element in Islamic teachings, where the physical and spiritual health of individuals is considered an important asset in life. The food consumed by a person must not only meet health standards in terms of nutrition, but also must be in accordance with halal principles taught in Islam. This is reflected in the concept of *Halalan Thoyyiban* which means that the food consumed must be halal in terms of Islamic law and both in terms of quality and benefits for physical and mental health. Islam teaches that everyone must take care of their health, and one of the main ways to maintain health is to eat halal and nutritious food (Al-Syatibi, 2019). Allah says in the Qur'an Surah Al-Baqarah verse 168: "O people, eat what is halal and good on earth..." reinforce this command.

In the context of education, school canteens play a strategic role in ensuring that the meals provided to students are not only in accordance with nutritional standards but also with the principles *Halalan Thoyyiban* which is in line with Maqasid Syariah. According to Maqasid Sharia, the main purpose of Islamic law is to protect five fundamental aspects of

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human life: religion (hifdz al-din), soul (hifdz al-nafs), intellect (hifdz al-aql), heredity (hifdz al-nasl), and property (hifdz al-mal) (Al-Ghazali, 2020). Thus, the provision of healthy and halal food in educational environments, such as in school canteens, plays an important role in protecting students' souls and minds, which allows them to learn and develop well.

Research on healthy food in school canteens has been widely conducted in Indonesia and other countries, highlighting the importance of health and compliance with halal standards. Research by Ade Dedi Rohayana (2019) underscores the importance of the application of Maqasid Syariah in Islamic education, including in the provision of healthy food in school canteens. Rohayana also pointed out that Islamic schools have a key role in shaping students' healthy behavior through the food choices provided.

Another research by Yusnitasari (2022) in Parepare, South Sulawesi, emphasizes that innovations in the provision of healthy and halal food in schools can have a significant impact on the quality of student health. The *BERHAZI* (Diverse, Halal, Nutritious) program implemented in several schools shows an increase in student awareness of the importance of healthy and halal food. However, the study also found that many school canteens have not been able to provide food options that are truly balanced in terms of nutrition and halal standards.

Research by Khuzaifah (2024) examines the role of school canteens in encouraging healthy food consumption among students. This study found that with halal certification, as well as education to students about the importance of nutrition, healthy food consumption can increase significantly. However, many school canteens still face challenges in terms of limited resources, especially in obtaining halal-certified food ingredients and in providing good quality food.

Principle *Halalan Thoyyiban* carried out by Maqasid Syariah provides a clear framework on the importance of healthy and halal food. This principle links the provision of halal food with the protection of the soul (hifdz al-nafs) and the intellect (hifdz al-aql). By providing good food, not only is students' physical health maintained, but also their intellectual and spiritual abilities are enhanced, which allows them to focus more on their studies and contribute to social well-being.

This study takes a holistic approach to healthy and halal menu innovation in school canteens, taking into account the importance of collaboration between schools, communities, and the government to ensure the availability of healthy and halal food in the educational environment. The application of Maqasid Syariah in this context is not only limited to the selection of halal food, but also to how the food can contribute to the overall welfare of students.

In the opinion of jurists, halal and good food must be based on the concept of sharia maqashid, which is based on benefits (maslahah) and trying to avoid damage/badness (mafsadah). The purpose of the maqashid approach is to guarantee things that are dharuri, hajiyyat, and tahsiniyyat. This goal can be achieved for a person who has been burdened or taklif, whose implementation depends on understanding the main sources of law, namely the Qur'an and hadith. Islam is a religion that cares very much about all the activities of its people and everything related to human life is regulated in such a way. All aspects of life are considered in terms of benefits and harms and Islam has given a clear indication that everything that provides benefits is permissible by law while it is something that is precisely bringing mudharot rather than bringing benefits, Islam forbids it. One of the things regulated in Islam is related to food in order to maintain the safety of the soul, body, and intellect. As we know that food is one of the most important things that humans need every day. A person who always eats halal every day, then his morals will be good, his heart will live, it will be the cause of the answer of prayers, and it will be beneficial for the mind and

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body.

In East Tanjung Jabung, people have great potential to accept sharia principles in various aspects of life, including in food consumption. Previous research has shown that people in this area have a good basic knowledge of Sharia Banks and have an attitude of accepting sharia principles. In addition, the swallow's nest business opportunity in Sungai Sayang Village has also shown that people in this area can apply the principles of sharia magasid in various businesses.

The geographical condition of East Tanjung Jabung, which is rich in natural resources, also provides great opportunities for the development of healthy and halal food products. By utilizing local raw materials such as fresh vegetables, fruits, and halal animal protein sources, canteen managers can create innovative menus that are not only delicious but also highly nutritious. In addition, support from local governments in the form of regulations and training for school canteen managers is very important to ensure that this innovation can be implemented effectively. The people of East Tanjung Jabung also show a high interest in halal products, so there is a great opportunity to increase awareness of the importance of healthy and halal food consumption through education in schools. With a collaborative approach between the government, schools, and the community, the implementation of healthy and halal menu innovations in school canteens can be a model for other regions in Indonesia. This will not only improve the nutritional quality of students but also strengthen the Islamic cultural identity among the younger generation.

This research aims to explore how healthy and halal menu innovations can be implemented in school canteens by considering the perspective of sharia maqasid. The specific objectives of this study are: identifying the potential of the people of East Tanjung Jabung in accepting healthy and halal menu innovations in school canteens, analyzing public perceptions about the importance of healthy and halal menus in school canteens from the perspective of maqasid syariah, and developing a strategy for implementing healthy and halal menu innovations in school canteens in accordance with the principles of maqasid syariah.

RESEARCH METHODS

Implementation of the Community Service Program (PKM) in one of the Junior High Schools in East Tanjung Jabung with a qualitative method. Journal research on Healthy and Halal Menu Innovation in School Canteens Perspektif Maqasid Syariah in East Tanjung Jabung, using a qualitative method, namely interviews with school canteen managers to understand their perspectives on the importance of healthy and halal menus in school canteens. Observation, namely making direct observations in the school canteen to see how healthy and halal menus are implemented. Documentation, by conducting direct observation in the school canteen to see how a healthy and halal menu is implemented

RESULTS AND DISCUSSION

The school that is the target of the activity has a school canteen. The school and the Canteen Manager made a cooperation agreement (memorandum of understanding – Mou) Number: 422/042/SMPN19. TJT/2023. The condition of the canteen building is adequate with a permanent building with kitchen utensils, benches and tables made of wood. The food

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sold is in the form of rames rice, fried rice, light snacks, fried foods, bakwan, tofu and fried bananas. In addition, it also sells hot and cold drinks, such as iced tea, hot tea and instant drink powder. The condition of sanitation and hygiene seems to be still inadequate. The school canteen is currently planning a program to develop a representative school canteen as a healthy and halal canteen, although currently the type of food available in the school canteen does not meet the requirements for healthy and halal food from the perspective of magasid sharia.

The results of observations and interviews with the school canteen management show that in the management of the school canteen to meet the requirements for a healthy and halal food menu, the school and the school canteen manager have a written commitment or cooperation agreement between the two to maintain the safety of snack food in the school, including by providing enough clean water, providing closed trash cans and disposing of them regularly, Provide a handwashing station equipped with soap and running water, in serving food/drinks using a covering device, to avoid flies, cockroaches, rats, cats and others, the food served in the school canteen does not use harmful chemicals. What is not yet in the school canteen that is in accordance with sharia maqasid is the halal certificate as stated in Law No. 33 of 2014 concerning Halal Product Assurance. And what we hope as school canteen managers is that training on food hygiene or food safety and halal certification programs by the government or other competent institutions will be held.

To implement Maqasid Syariah in healthy and halal menus in school canteens, several strategic steps that can be implemented are Education and Awareness Education for Students and Canteen Managers, namely by holding educational programs for students, teachers, and canteen managers about the importance of halal and healthy food, and providing information about the halalness of food ingredients and the process of serving them, as well as the positive impact of halal food consumption on physical and mental health. This includes an understanding of the principles of magasid sharia related to food

The selection of standard foodstuffs for halal ingredients is to ensure that all raw materials used in the canteen come from halal sources. This includes meat, vegetables, and additives that do not contain haram elements such as pork or alcohol and using fresh and organic ingredients to improve the nutritional quality of the food served.

Food Processing Process The Halal Product Process (PPH) is by implementing processing procedures in accordance with Islamic law, including halal animal slaughter methods and cooking techniques that do not pollute halal food. and ensure that all cooking and serving utensils are clean and not contaminated with haram ingredients.

Presentation and Environment of the Halal, Safe, and Healthy Culinary Zone Canteen (KHAS) is by creating a comfortable and safe canteen environment for students, with the application of high hygiene principles. And serving meals in balanced and nutritious portions, as well as providing a variety of menu options to meet the nutritional needs of students.

Halal Certification Cooperation with Certification Bodies, namely collaborating with halal certification bodies to obtain official recognition of the halalness of food products in canteens. Referring to Law No. 33 of 2014 concerning Halal Product Assurance, every food sold in the canteen must have a halal certificate. This will provide a sense of security for students and parents, and conduct regular audits to ensure that all aspects of canteen operations continue to meet halal standards.

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Evaluation and Continuous Improvement of Food Quality Monitoring is by conducting regular evaluations of the quality of the food served and student satisfaction with the existing menu, and collecting feedback from students regarding their preferences for healthy and halal menus, and making adjustments based on these inputs.

This research was conducted at one of the junior high schools in East Tanjung Jabung, which has started an innovation program to provide healthy and halal menus in school canteens. Through interviews, observations, and documentation, this study succeeded in identifying several key findings related to the application of healthy and halal menu innovations in the context of Maqasid Syariah.

From the observation results, the school canteens studied already have adequate infrastructure, such as permanent buildings with basic facilities such as benches, tables, and complete kitchen equipment. The food sold in the canteen is mostly in the form of snacks such as fried foods, fried rice, and drinks such as iced tea and warm tea. However, observations show that the variety of food provided is still very limited and does not fully meet balanced nutritional standards.

Meanwhile, canteen sanitation is not optimal. Although the canteen provides a handwashing station with running water and soap, the overall cleanliness of the canteen environment is still lacking. There are still flies around the food serving area, as well as a lack of adequate closed trash cans. This shows that the canteen has not fully implemented the expected hygiene standards in accordance with the *halalan thoyyiban principle*.

Interviews with canteen managers show that they have a commitment to providing healthy and halal food, but limited knowledge and resources are the main obstacles. Canteen managers are aware of the importance of providing healthy food for students, but they do not have adequate access to halal-certified ingredients. In addition, there has been no official training on food hygiene and sanitation received by canteen managers. This indicates that further education and training are needed to ensure that school canteens can meet optimal halal and health standards.

In the interview, it was also found that there is no official halal certification owned by the school canteen, although the ingredients used to cook are mostly from local markets that are believed to be halal. Canteen managers hope that there will be support from schools and local governments to facilitate halal certification in order to provide a sense of security to students and parents.

Interviews with several parents of students and the school show that the community in East Tanjung Jabung generally supports the provision of halal food in the school canteen. They understand the importance of halal food in terms of religion and health, but they also realize that the variety of food provided needs to be increased.

The school is also committed to supporting this innovation program by holding an educational program about the importance of healthy and halal food. The teachers at the school agreed that the understanding of *halalan thoyyiban* and Maqasid Syariah should be taught to students so that they are more critical in choosing healthy food and in accordance with religious values.

Based on the results of interviews and observations, there are several strategies that are being planned by schools and canteen managers to overcome existing challenges,

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including: Education programs for students about the importance of healthy and halal food have started in several classes. Religious teachers at the school are also able to integrate the concept of Maqasid Syariah in their lessons. The school is planning to cooperate with halal certification bodies so that canteens can obtain halal certificates in accordance with Law No. 33 of 2014 concerning Halal Product Assurance. Canteen managers plan to improve sanitation standards by adding facilities such as closed trash cans and adding handwashing

equipment around the canteen.

This study shows that the provision of healthy and halal food in school canteens in East Tanjung Jabung has tried to follow the *halalan thoyyiban* principle which is part of Maqasid Syariah. This application aims to protect five important aspects of human life, namely religion (hifdz al-din), soul (hifdz al-nafs), reason (hifdz al-aql), heredity (hifdz al-nasl), and property (hifdz al-mal). These findings are consistent with previous studies that state that the provision of halal food in schools has a positive impact on students' physical and mental health. This supports their ability to learn more effectively, which indirectly contributes to the achievement of Islamic educational goals. However, the main challenge faced is the lack of official halal certification for the food provided. Although canteen managers are aware of the importance of halal certification, they do not have adequate access to obtain it. This condition emphasizes the findings of Basid Al Haris (2023) which emphasizes the importance of collaboration between schools and halal certification bodies in ensuring halal standards.

In addition, this study also highlights the importance of nutrition education for students and canteen managers. This education plays an important role in increasing students' awareness of the importance of healthy and halal food. The school has begun to integrate education about healthy food into the religious curriculum, which aims to help students understand the *principles of halalan thoyyiban* and its application in daily life. However, canteen managers still need further training on sanitation and hygiene in food serving. This is in line with the findings of Hardi (2023), which highlights that canteen managers need more indepth education about hygiene standards in order to provide safe and healthy food.

Another challenge faced is students' preference for fast and sweet food, which often leads to canteens providing food that does not fully meet nutritional standards. Although canteen managers are committed to providing healthy food, limited resources are often an obstacle in providing quality and halal-certified foodstuffs. To address these challenges, the study recommends closer collaboration between schools, local producers, and halal certification bodies to ensure the availability of more varied and quality food. This collaboration can also help support the local economy, as proposed by Syawaludin (2023) in the context of halal food businesses in schools.

This research makes a new contribution in understanding how the principles of Maqasid Syariah can be applied practically in the provision of healthy and halal food in schools. Through a holistic approach, this research combines aspects of halal, health, and nutrition education to create a healthier educational environment in accordance with Islamic values. The novelty of this research lies in the comprehensive integration of religious and

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health values in the context of education, as well as the emphasis on the importance of multistakeholder cooperation to realize this innovation in a sustainable manner.

In the perspective of Maqasid Syariah, the provision of halal and healthy food in school canteens supports the maintenance of the soul (hifdz al-nafs) and intellect (hifdz al-aql). Good food quality not only affects students' physical health, but also supports their intellectual and spiritual development. By providing healthy food, school canteens play a role in supporting the achievement of the goals of Maqasid Sharia, as outlined by Imam Al-Syatibi (2019).

This research is supported by the study of Rohayana (2019), which states that the application of Maqasid Syariah in education is not only limited to religious learning, but also to the provision of food in accordance with Islamic principles. In addition, a study by Khuzaifah (2024) emphasizes the importance of halal education and certification as the key to improving the quality and safety of food in school canteens.

This research adds novelty in the context of the implementation of Maqasid Syariah in school canteens, focusing on practical challenges such as halal certification and sanitation education. Previous research has mostly emphasized the importance of halal food, but not much has examined how challenges in the field can be overcome through collaboration between various parties, including schools, governments, and halal certification bodies. This research offers new insights into the importance of a holistic approach in implementing healthy and halal food innovations in an educational environment, which not only pays attention to religious aspects but also health and economics.

By implementing these steps, school canteens can be an example of the implementation of maqasid sharia in providing food that is not only halal but also healthy for students. This will support their physical and mental development and maintain the sustainability of sharia principles in daily life.

1. The role of teachers and students in supporting the implementation of Maqashid Sharia in the School Canteen

Education and Socialization. Teachers are responsible for educating students about the importance of halal and healthy food. This includes explaining the concept of maqasid sharia, which emphasizes the benefits for individuals and society, as well as maintaining the health and well-being of students. Curriculum Implementation. In the religious education curriculum, teachers can integrate material about sharia maqasid so that students understand the purpose of Islamic sharia in the context of food consumption. This helps students to internalize these values in their daily lives.

Creation of a Positive Learning Environment. Teachers also play a role in creating a learning environment that supports the application of sharia maqasid values, including in school canteens. By creating a conducive atmosphere, students will more easily receive education about halal and healthy food.

Active Participation. Students can play an active role in choosing halal and healthy food in the canteen. With the knowledge provided by teachers, they can make better decisions regarding food consumption. Application of Maqasid Sharia Values. Students are

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expected to apply the values of maqasid sharia in daily life, including in choosing food. They must understand that choosing halal and healthy food is part of maintaining their health and fulfilling religious demands.

Involvement in Canteen Activities. Students can be involved in canteen management activities, for example by volunteering to help promote healthy and halal menus. This involvement can increase their sense of responsibility towards the health and well-being of their friends.

Feedback and Innovation. Students can provide feedback on the menu in the canteen and propose healthy menu innovations that are in accordance with the principles of sharia maqasid. This can help canteen managers to improve the quality of service and food choices. With collaboration between teachers and students, the implementation of maqasid sharia in school canteens can run effectively, creating an environment that supports health and halal food for all students.

2. Challenges in serving healthy and halal menus in school canteens

The challenges in serving healthy and halal menus in school canteens from the perspective of maqasid sharia include various aspects related to health, education, and include various aspects related to health, education, and religious values. Maqasid shariah, which focuses on the goals and benefits of Islamic law, provides a framework for understanding the importance of providing food that is not only halal but also nutritious. Here are some of the challenges faced in this implementation.

Quality and Diversity of Menus. One of the challenges of utaama in serving a healthy and halal menu is to ensure the diversity and quality of the food offered. Many school canteens still rely on fast food or high-sugar snacks that do not meet nutritional standards. This can contribute to health problems such as obesity and malnutrition among students.

One of the main challenges in serving a healthy and halal menu is ensuring the diversity and quality of the food offered. Many school canteens still rely on fast food or high-sugar snacks that do not meet nutritional standards. This can contribute to health problems such as obesity and malnutrition among students.

In the context of maqasid shariah, it is important to provide food that is not only halal but also nutritious to support students' physical and mental growth. Limited resources. School canteens often face limitations in terms of resources, both financially and nutritionally. This limitation can hinder the ability of canteens to provide healthy food options that are in accordance with halal standards. In addition, the lack of knowledge on how to choose quality raw materials is also an obstacle. To overcome this, training is needed for canteen managers on the importance of balanced nutrition and the selection of halal foodstuffs.

Consumer Preferences. Students' preferences for sweeter or fatty foods are a challenge in themselves. Healthy food is often considered less attractive than fast food options. Therefore, innovation in the presentation of healthy food is very important to attract students' interest. In the perspective of maqasid shariah, creating awareness of the importance of a healthy diet can help form good eating habits among students.

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3. Solutions to the Challenges of Providing Healthy and Halal Food

Nutrition Education. Education about nutrition should be an integral part of the school canteen program. Through educational campaigns and seminars on the importance of healthy and halal food consumption, students can better understand the benefits of their food choices. In addition, the introduction of nutrition labels on food products can also help students make better decisions. Collaboration with External Parties. Collaborating with nutritionists or health institutions to provide training to canteen managers can improve the quality of the food served. This collaboration can also involve parents and the community to support the overall healthy school program. With a collaborative approach, schools can create an ecosystem that supports healthy eating.

Routine Audit and Supervision. Conducting regular audits of food providers and the preparation process in the canteen is essential to ensure that hygiene and halal standards are maintained. This will not only increase the confidence of students and parents but also ensure that all the food served meets the criteria of maqasid shariah.

CONCLUSION

The innovation of healthy and halal menus in the school canteen in East Tanjung Jabung is not only a response to the need for healthy and halal food, but also a direct implementation of Maqashid Syariah principles. Through this innovation, the school canteen has succeeded in protecting children's faith, ensuring the availability of good, healthy, clean, halal food and increasing student comfort and satisfaction. In addition, this innovation also has an extensive impact on the economic and social fields, so it can be an inspiring example for other communities.

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