

Education and Utilization Programs on Natural Products (Production Processed Cashews) as a Source of Nutrition for Postpartum Mothers Internasional Community Service UMPO Indonesia – UTM Malaysia

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Abstract

Cashew with another name (*Anacardium occidentale*) is known to have various health benefits, especially beneficial for the health of postpartum mothers. Postpartum is the period immediately after giving birth until a few weeks after. The education program and the use of natural products (healthy processed cashew production) as a source of nutrition for postpartum mothers aims to 1). Providing education about the importance of proper nutrition and how to use cashews creatively to increase nutritional intake, especially nutrition in postpartum mothers is the key to this program. 2) Increase public understanding of the health benefits of available local ingredients. 3) Encouraging the production of processed cashews locally. The hypothesis proposed is that nutrition education and the use of natural products through the production of healthy processed cashews will increase the nutritional intake of postpartum mothers and provide opportunities for economic improvement for the community. The methods used in this program include: 1) Development of educational materials, 2) Socialization of health education about the importance of nutrition, 3) Utilization of natural products (healthy processed cashew production) as a source of nutrition for postpartum mothers and improving the community's economy. The participants in this community service activity were 20 participants. Participants were given education related to proper nutrition and how to process cashews to increase nutritional intake into healthy products processed from cashew milk. The results obtained after being given education related to proper nutrition and cashew nut nutrition in postpartum mothers were increased knowledge, increased skills in the production of processed healthy cashews from the use of existing natural products. The long- term impact of improving maternal health after childbirth through cashew milk is rich in benefits and opens up economic opportunities for postpartum mothers by producing and selling cashew milk products. The conclusion of the education program and the use of natural products (healthy processed cashew production) has succeeded in increasing knowledge and skills in processing healthy cashews as nutrition in postpartum mothers.

Keyword: Education, Healthy Processed Cashew Production, Nutrition, Postpartum Mothers

INTRODUCTION

Cashew (*Anacardium occidentale*) is widely recognized for its numerous health benefits, particularly for postpartum mothers (Akinola, Nwinyi, & Gbadamosi, 2014). The postpartum period is defined as the time immediately following childbirth, extending for several weeks. During this phase, the mother's body undergoes significant physiological changes and healing processes, making appropriate nutrition crucial for supporting recovery (Setyawati, Kusuma, & Maharani, 2019). Proper nutritional intake not only aids in the physical healing of postpartum mothers but also

contributes to replenishing energy levels and promoting overall well-being during this critical phase.

The primary aim of this program is to provide education on the importance of proper nutrition and to promote creative ways to utilize cashews in order to enhance the nutritional intake of postpartum mothers (Santos, Barbosa, & Santos, 2017). By focusing on the nutritional needs of mothers after childbirth, the program seeks to empower them with the knowledge and skills to incorporate cashews into their diet as a healthy and natural source of nutrition. Additionally, the program aims to raise awareness among the broader community about the health benefits of local ingredients, such as cashews, and to encourage the local production of cashew-based products. This dual approach serves to address both the nutritional needs of postpartum mothers and the economic opportunities for local communities.

The hypothesis guiding this initiative is that nutritional education and the use of natural products through the production of healthy cashew-based products will effectively enhance the nutritional intake of postpartum mothers. This improved nutritional intake is expected to support their recovery and health during the postpartum period. Furthermore, the program posits that promoting the local production and processing of cashew products can create economic opportunities, not only for the mothers involved but also for the wider community. By integrating nutritional education with local economic development, the initiative aims to foster a sustainable approach to health and community empowerment.

The strategies implemented in the program involve the development of educational materials that focus on the nutritional needs of postpartum mothers, the dissemination of health education about the importance of nutrition during the postpartum period, and the practical training on how to process cashews into healthy products. These strategies are designed to ensure that participants gain a comprehensive understanding of the role of nutrition in postpartum recovery while also acquiring practical skills for processing cashews into nutritious products. The program also aims to foster a greater appreciation of the nutritional value of local ingredients and encourage their creative use in daily diets.

Through this educational initiative, participants are expected to not only gain knowledge about proper nutrition but also develop the skills necessary to produce healthy cashew-based products, such as cashew milk. The training sessions are designed to equip participants with the know-how to process cashews into various forms that can be easily incorporated into the diet of postpartum mothers, thereby providing a nutritious and accessible food source. Additionally, by encouraging local production, the program aims to stimulate economic growth and provide a sustainable source of income for families, particularly those of postpartum mothers.

In conclusion, this program aims to achieve dual outcomes: enhancing the nutritional knowledge and skills of postpartum mothers and fostering local economic development through the production of healthy cashew-based products. The expected long-term impact includes improved health outcomes for mothers during the postpartum period, as well as economic benefits derived from the local production and sale of cashew products. Thus, the initiative not only addresses immediate health needs but also creates opportunities for community empowerment and economic sustainability.

METHODS

The program design encompasses the development of educational materials, the dissemination of information regarding the importance of nutrition, and the utilization of natural products through the production of cashew-based nutritional supplements for postpartum mothers (Oladiran, & Emmanuel, 2012). The program aims to provide comprehensive education on nutrition tailored specifically to the needs of mothers during the postpartum period, emphasizing how proper nutritional intake can support recovery and well-being. Additionally, the program seeks to promote the use of cashews as a versatile, natural source of nutrition by teaching participants how to process cashews into various healthy products, such as cashew milk. This approach not only addresses immediate nutritional needs but also encourages the creative use of locally available natural resources.

The program was attended by 20 participants who were given instruction on proper nutrition for postpartum mothers and trained in techniques for processing cashews into nutritious products. The implementation steps included several key activities: first, the development of educational materials that focused on the specific nutritional requirements of postpartum mothers to ensure that the content was relevant and impactful. Second, the program featured educational outreach efforts to raise awareness about the critical role of nutrition during the postpartum period and to foster a broader understanding of health maintenance. Finally, practical training sessions were conducted to equip participants with the skills needed to transform cashews into healthy nutritional products, such as cashew milk, which can contribute to both the improvement of dietary intake and the economic well-being of the community.

RESULTS

The program resulted in a notable increase in participants' knowledge regarding proper nutrition for postpartum mothers. Following the educational sessions, participants demonstrated a deeper understanding of the specific nutritional requirements during the postpartum period, including the types of nutrients essential for recovery and the importance of a balanced diet. This enhanced awareness reflects the effectiveness of the educational materials and the targeted information provided, which emphasized the role of nutrition in supporting the health and well-being of mothers after childbirth.

In addition to the gains in knowledge, there was a significant improvement in participants' skills related to the production of healthy cashew-based products. The training sessions equipped them with practical techniques for processing cashews into various nutritious products, with a particular focus on cashew milk. Participants learned not only the steps involved in producing cashew milk but also how to ensure that the final product retained its nutritional value. This hands-on experience helped participants gain confidence in utilizing cashews as a source of nourishment and as a potential income-generating activity.

The program's long-term impact is anticipated to extend beyond immediate knowledge and skill improvements. By promoting the consumption of nutrient-rich cashew milk, the initiative aims to enhance the health outcomes of postpartum mothers, supporting their recovery and overall well-being. Furthermore, the program seeks to create economic opportunities by encouraging

participants to produce and sell cashew milk products. This approach not only contributes to the health of mothers but also stimulates local economic growth, potentially providing a sustainable source of income for families and communities involved in the production of these health-promoting products.

DISCUSSION

The analysis of the program's outcomes indicates that the education and training provided were successful in enhancing participants' understanding and skills regarding the use of cashews as a nutritional source. The participants demonstrated increased awareness of the nutritional benefits associated with cashews and acquired practical skills in processing these nuts into various healthy products. These findings support the initial hypothesis that the program could effectively improve the nutritional intake of postpartum mothers, while also offering the potential to boost the local economy through the production and sale of cashew-based products. The positive impact observed among the participants highlights the value of integrating nutritional education with practical skill development to achieve both health and economic benefits.

The implications of the program extend beyond individual health improvements, as the use of local products like cashews presents a dual advantage. Not only do these products contribute to better health outcomes by providing essential nutrients, but they also open up new economic opportunities for communities, particularly for postpartum mothers. By teaching participants how to process cashews into marketable products, such as cashew milk, the program promotes local entrepreneurship and economic empowerment. This dual focus on health and economic development aligns with sustainable development goals, fostering resilience within communities and encouraging the use of locally available resources to improve quality of life.

However, the program did face certain limitations, particularly in terms of the number of participants and the duration of the intervention. With only 20 participants and a relatively short program period, it is challenging to fully evaluate the long-term impact of the educational and training activities. The limited sample size restricts the generalizability of the findings, and the short-term nature of the program may not capture the sustained effects on participants' behaviors or economic conditions. These limitations suggest the need for more extensive future research that involves a larger sample size and a longer duration to provide a more comprehensive assessment of the program's effectiveness.

To build on the initial success, future efforts should focus on expanding the reach of the program by increasing the number of participants and extending the timeframe for both training and follow-up evaluations. This would allow for a more thorough understanding of how the knowledge and skills gained from the program translate into long-term health benefits and economic improvements. Additionally, future programs could incorporate follow-up sessions to reinforce the educational content and provide ongoing support for participants as they continue to apply what they have learned in their daily lives.

Long-term monitoring and evaluation would also be beneficial to assess the sustainability of the program's impact. By tracking participants over a longer period, researchers could better understand how the skills acquired during the program influence their dietary practices, health outcomes, and economic activities. This longitudinal approach would provide valuable insights into the program's ability to produce lasting changes and would help identify areas where additional support or modifications might be needed.

In conclusion, while the initial outcomes of the program are promising, the results underscore the importance of addressing the identified limitations through further research and program development. Expanding the scope of future interventions, incorporating long-term evaluations, and continuing to promote the dual benefits of health and economic empowerment through the use of local resources will be key to maximizing the program's potential impact. By doing so, the initiative can more effectively contribute to the well-being of postpartum mothers and their communities, fostering a healthier and more economically resilient society.

CONCLUSION

Nutritional education combined with the use of natural products through the production of cashew-based products has successfully enhanced participants' knowledge and skills in utilizing cashews as a healthy nutritional source for postpartum mothers. The educational sessions provided a comprehensive understanding of the nutritional benefits of cashews, equipping participants with valuable information about the essential nutrients required for recovery during the postpartum period. Furthermore, the hands-on training enabled participants to learn practical techniques for processing cashews into various health-promoting products, such as cashew milk, thereby translating theoretical knowledge into practical applications.

In addition to the health-related benefits, the program has also created economic opportunities within the community. By encouraging the local production and sale of cashew-based products, the initiative has opened up new avenues for income generation, especially for postpartum mothers who can leverage their newly acquired skills to produce and market these products. This approach not only supports the nutritional needs of mothers but also empowers them economically, fostering a more self-sufficient and resilient community. The dual focus on health and economic development demonstrates the potential for sustainable impact by addressing both individual and community-level needs through the innovative use of locally available resources.

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