

EDUCATIONAL MEDIA BOOKLET ABOUT NEEDS

VEGETABLE PROTEIN FOR CHILDREN

PREVENTING STUNTING

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SUMMARY

Background: Stunting is a chronic nutritional problem that causes children to have short stature and impaired cognitive development. One of the factors that cause stunting is a lack of protein intake, especially during the golden period of growth (the First 1000 Days of Life). Vegetable protein is a source of nutrition that is easily accessible, affordable, and has high nutritional value. Educational booklets as printed media are considered effective in conveying information regarding vegetable protein needs in children. **Objective:** To compile a booklet media about the need for vegetable protein to prevent stunting to increase the understanding of mothers of toddlers about the importance of vegetable protein intake to prevent stunting. **Method:** The media used in this method uses booklet media and makes it using the Canva application. **Results:** The booklet consists of 20 pages with A5 paper size. Feedback from respondents shows that the contents of the booklet are easy to understand, interesting, and informative. The addition of visual elements to the booklet media on "Dapur Sehat Overcomes Stunting (DASHAT)" increases its appeal and aids understanding. **Conclusion:** A 20-page booklet entitled "Dapur Sehat Overcomes Stunting (DASHAT)" has been prepared and is ready to be registered with the Intellectual Property Rights (IPR).

Keywords: Stunting, Vegetable Protein, Toddlers, Nutrition Education, Booklet Media