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Date: 23 October 2023

Program Activity Report: The Coconut Products Training Programme for The Caribbean, 11th to 12th of September 2023

Guest Speaker:

Dr. Ester Edwar, M.Pd, Director of ATI Padang

List of the Instructors from ATI Padang:

1. Dr. Maryam, MP
2. Gustiarini Rika Putri, MP
3. Irna Ekawati, S.Si, MT
4. Khairun Nadiyah, M.Eng
5. Rosalita, MT

List of Countries (*Alphabetically Sorted*):

No	Country	Number of Participant(s)
1	Barbados	8
2	Belize	30
3	Grenada	4
4	St. Lucia	15
5	Trinidad & Tobago	1
	Total	58

Agenda

Day 1,

11 September 2023

Time (GMT +7)	Duration	Agenda
19.00 pm	5'	Opening Ceremony
19.05 pm	5'	Opening Speech from NAM CSSTC
19.10 pm	5'	Opening Speech from Director of KSPI
19.20 pm	5'	Opening Speech from ATI Padang
19.25 pm	5'	Pretest
19.30 pm	30'	Section A: Coconut and its Diversification
20.00 pm	40'	Section B: Nata de Coco
20.40 pm	40'	Section C: Virgin Coconut Oil
21.30 pm	40'	Section D: Coconut Oil
22.10 pm	10'	Post Test and Assignment

Day 2,

12 September 2023

Time (GMT +7)	Duration	Agenda
19.00 pm	5'	Opening from NAM
19.05 pm	5'	Opening from Politechnic ATI Padang
19.10 pm	15'	Presentation of unanswered question from previous day
19.25 pm	25'	Section C: Virgin Coconut Oil
19.50 pm	20'	Section D: Coconut Oil
20.10 pm	15'	Discussion Session (Q&A)
20.25 pm	5'	Post Test and Assignment
20.30 pm	5'	Closing

Program Activity Report

The Coconut Products Training Programme for The Caribbean, 11th to 12th of September 2023

Background

“The Coconut Products Training Programme for The Caribbean” was held from 11th-12th of September, 2023, in partnership with Polytechnic ATI Padang.

The training was specifically designed for countries in the Caribbean region, such as Barbados, Belize, Grenada, St. Lucia, and Trinidad & Tobago with the focus of broadening the understanding of coconut-rich communities about diversifying coconut-based products, allowing them to create higher-value coconut goods while still using traditional methods. As well as enhancing the awareness of coconut communities about the substantial potential for coconut development in their area by utilizing simple and cost-effective technologies.

Instructors from ATI Padang were present for the virtual training. Modules and PowerPoint presentations were provided. There were 58 total participants from 5 Caribbean Countries in the online training. Participants came from a variety of backgrounds.

This training underscores how these coconut-based products are not only economically beneficial to the region but also contribute to its environmental sustainability by encouraging responsible, traditional, and eco-friendly practices.

Discussion

Introduction of Coconut and Its Diversification

A presentation from Rosalina, MT, one of the instructors of this training, covering the basic information of Coconut and its Diversification.

According to the instructor, various aspect of coconut diversification is important in the agroindustry. The different coconut products mentioned will have a positive impact on their national agriculture, manufacture, and the overall development sector of the country.

Mentioning that a single coconut can yield various products, shows that the efficient use of coconut produced within their country. The feasibility of coconut agroindustry is evaluated from multiple perspectives, including situational, technical, economic, social, management, market, and financial aspects.

Nata de Coco

One type of processed coconut product is Nata de Coco. Originally from Philippines, and later introduced to Indonesia in 1975, Nata de Coco is a chewy, translucent, jelly like product by the fermentation of the coconut water through fermentation process involving bacterium *Xylinum*. The benefit of Nata de Coco are high fiber and low calorie, and found mostly in desserts.

To make Nata de Coco, there are four main steps, mainly starter production, preparation of fermentation media, inoculation of nata seed to adding started media, fermentation media, and lastly harvesting. To reach harvesting, it takes up to 7-8 days of process.

The Nate de Coco can be packed in pails, plastic pouches, plastic cups, and/or plastic pillows for later consumptions.

Virgin Coconut Oil (VCO)

Another way that coconut can be processed from is Virgin Coconut Oil or known as VCO. Virgin Coconut Oil (VCO) is a processed product from coconut meat in the form of a clear, tasteless liquid with a distinctive coconut odor. It's containing high medium and short chain saturated fatty acids.

There are several ways to make VCO, namely Gradual Heating Method, Oil Fishing, Fermentation, Centrifugation, and Wet Mill Method. Each method has its own advantage, and each one of them are simple to process with require of low cost and energy.

In preserving coconut oil, it can use of bottle, jar, or any other plastic container for later consumption.

Coconut Oil

Last but not the least useful of the coconut-based product is Coconut Cooking Oil. Coconut Oil contains saturated fat which is different from animal fat and is more beneficial for the health. More benefits from using coconut oil in cooking are, burn fat, control blood sugar, increase good cholesterol, improve skin health, improve hair health, and reducing Alzheimer's symptoms.

In making Coconut Oil, there are several steps that need to be done, and required a more advanced machinery, but can still be replaced with tools that can be found at every house. The steps are as follows: (i) Raw material preparation; (ii) Coconut Grating; (iii) Coconut milk extraction; (iv) Storage up to 24 hours; (v) Separating the starch from water; (vi) Heating; and (vii) Filtering.

In preserving Coconut Oil, it is usually packaged in plastic bottles of various sizes and standing pouch for future consumptions.

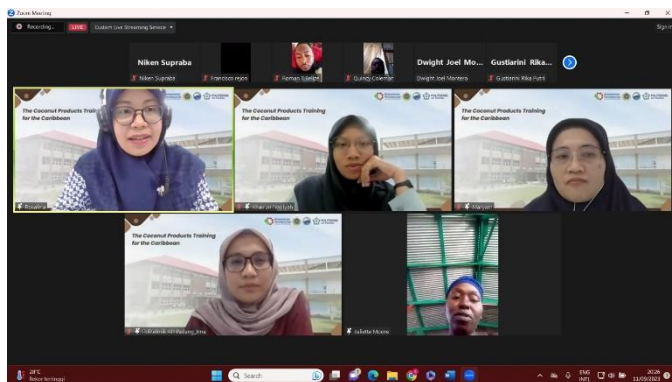
Evaluation

Overall, the "*Coconut Products Training Programme for The Caribbean*" unfolded with commendable efficiency. This observation is substantiated by several notable indicators, most notably the unwavering enthusiasm exhibited by the participants throughout the entire training course. However, it is worth noting that two challenges emerged during the program, specifically technical difficulties and the substantial time zone disparity between Indonesia and the Caribbean nations. Regrettably, these factors resulted in certain participants being unable to fully engage in specific training sessions.

Conclusion

The Polytechnic ATI Padang instructors generously shared their knowledge regarding coconut-based products with the participants. The goal was to acquaint all attendees with a diverse array of coconut product options that they can produce from the comfort of their homes using their own available tools. This encompasses items such as Nata de Coco, Virgin Coconut Oil (VCO), and Coconut Oil, representing a viable approach to enhance sustainability exclusively through coconut-based products.

Photo Documentation



Enhancing Skills and Expertise in Coconut Product Development

Collaborative Coconut Products Training Programme for the Caribbean by NAM CSSTC and the Government of Indonesia

September 11 - 12, 2023
10:00 GMT+7 Jakarta time

PROGRAM OVERVIEW

The Coconut Training Programme in the Caribbean is a professional development opportunity designed for individuals with a pertinent background and qualifications. This interactive online training fosters networking and collaboration within the industry, offering participants the chance to enhance their skills and expertise remotely.

- Comprehensive overview of coconut product development
- Engaging presentations, interactive discussions, and practical exercises
- Focus on three coconut-based products: (i) Coconut oil; (ii) Virgin coconut oil; (iii) Nata de coco

To register, visit:
<http://bit.ly/3rm2Sh1>

Targeted countries:
Belize, Dominican Republic, Guyana, Jamaica, Suriname, St. Lucia, St. Vincent & The Grenadines, Trinidad & Tobago and other coconut-producing countries in the Caribbean region

