



Saskatchewan
Health Authority

Newsletter

November 2025

The Kidney Connection

A publication of Northern Saskatchewan
Kidney Health Services based out of
St. Paul's Hospital, Saskatoon



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Pay It Forward

Kidney Foundation of Canada —Resources

Cooking for Kidney Health

The Kidney Wellness Hub offers a number of online cooking classes and demos throughout the year. You can cook along and learn easy food swaps and discover new kidney-friendly recipes.

Some videos can be found on kidneywellnesshub.ca/cooking-classes-1

Recorded class can be found on Kidney Wellness Hub Youtube channel.

“Come Cook with Us”

Instructors: Dani Renouf, RD, MSc, CDE and Anja Webster, RD, CDE



Kidney Community Kitchen has additional recipes and cooking demonstrations on their website. Kidneycommunitykitchen.ca

Try their recipes for maple broiled salmon, pot roast or pear and arugula salad.



Saskatoon Salvation Army Christmas Hamper Program



Salvation Army Saskatoon Christmas Hampers

- Online applications will open November 10th, and will close when it reaches capacity. Apply as soon as possible!!

<https://www.salvationarmysaskatoon.org/christmas-assistance>

- If you require assistance completing application, please call Salvation Army after November 10th at 306-477-2363
- Priority is to support Saskatoon and area low income families with children aged 0-12 who are experiencing financial uncertainty
- Applicants are required to meet the eligibility requirements of the Christmas Hamper program and show proper ID/Health Cards for all household members at the time of pick up. Please ensure that you meet the eligibility requirements BEFORE applying
- Toys are provided to children aged 0-12
- A grocery store gift card based on the size of your household will be provided to help with the costs of food for a Christmas celebration.

Moroccan Chickpea Stew



Vegetarian

olive oil	1 ½ tbsp (25 mL)
onion, chopped	1 large
carrot, chopped	1 medium
green bell pepper, chopped	½ medium
red bell pepper, chopped	½ medium
garlic, finely chopped	3 cloves
cinnamon, ground	½ tsp (3 mL)
turmeric, ground	½ tsp (3 mL)
cayenne pepper, ground	⅛ tsp (pinch)
salt	¼ tsp (1 mL)
water	2 cups (500 mL)
apples, dried, diced	½ cup (125 mL)
cranberries, dried	¼ cup (60 mL)
lemon zest	from 1 lemon
chickpeas, canned, no salt	1 x 19 fl oz can (1 x 540 mL can)
black pepper	to taste

Estimated Nutrient Calculation per Portion

Calories	159
Protein	4.4 g
Fat	4.7 g
Carbohydrate	26.3 g
Fibre	4.5 g
Sodium	116 mg
Potassium	251 mg
Phosphorus	63 mg



Instructions:

1. Heat the oil in a large pot over medium heat. Add the onion and carrot. Cook them for 5 minutes, or until softened.
2. Add the bell peppers, garlic, cinnamon, turmeric, cayenne, salt and water. Reduce the heat to medium-low. Simmer for 25 minutes.
3. Soak the dried apples and dried cranberries in hot water for 10 minutes. Drain well.
4. Rinse and drain chickpeas.
5. Add the apple, cranberries, lemon zest and chickpeas to the vegetable mixture. Cook 5 minutes longer or until hot and the flavours are blended.
6. Season with black pepper, to taste.
7. Top with cilantro.

Recipe from the CAND Kidney Friendly Cookbook

POSITIVE ADJECTIVES WORD SEARCH

B	T	F	A	N	T	A	S	T	I	C	V
E	Y	N	Y	H	E	L	P	F	U	L	F
A	N	O	E	M	E	Y	R	X	A	X	B
U	I	E	V	I	T	I	U	T	N	I	I
T	M	A	D	A	T	Q	D	K	P	H	W
I	C	S	F	I	D	A	V	L	X	P	D
F	A	Q	C	L	L	O	P	J	V	R	E
U	L	A	R	A	K	I	R	D	J	J	T
L	M	S	S	Y	I	X	G	A	R	A	I
U	R	W	G	O	N	S	B	E	B	D	C
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"STAY POSITIVE"



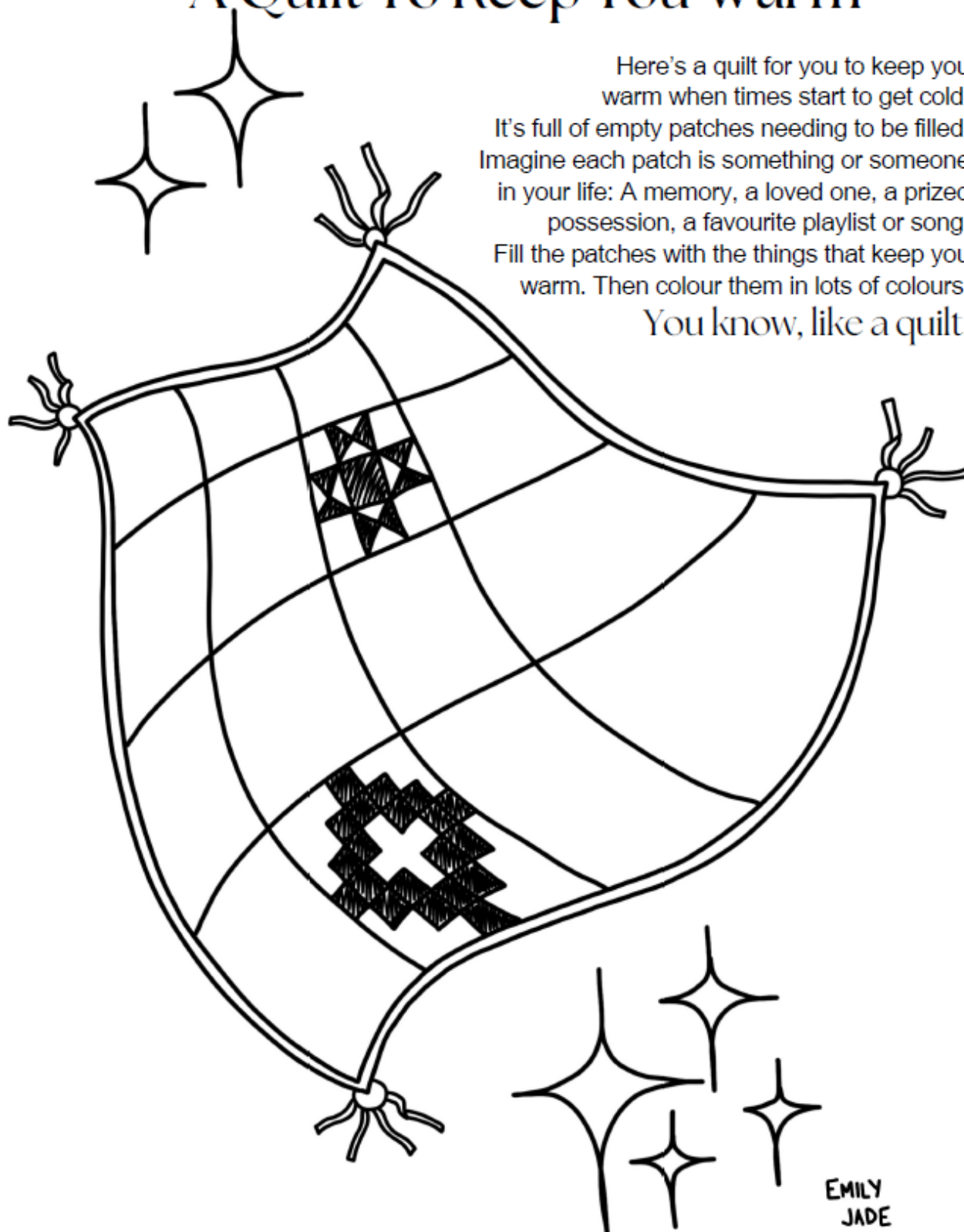
ADORABLE
BEAUTIFUL
CALM
DILIGENT

EXCITED
FANTASTIC
GENEROUS
HELPFUL

INTUITIVE
KIND
LOYAL
PATIENT

A Quilt To Keep You Warm

Here's a quilt for you to keep you warm when times start to get cold. It's full of empty patches needing to be filled. Imagine each patch is something or someone in your life: A memory, a loved one, a prized possession, a favourite playlist or song. Fill the patches with the things that keep you warm. Then colour them in lots of colours. You know, like a quilt.



Excerpt from SPH Healing Arts Activity Book pg 24, M . Wesolowski, D. Macdonald

Apple Crumble

Ingredients

- 4 large apples peeled & cut into 1/2" slices
- 1/2 cup oats
- 1/2 cup brown sugar packed
- 1/4 cup all purpose flour
- 1/2 teaspoons ground cinnamon
- 1 pinch salt
- 1/4 cup unsalted butter



Instructions

1. Preheat oven to 350F. Place apples in the bottom of a 9x13 baking dish.
2. Combine oats, brown sugar, flour, cinnamon and salt in a bowl. Cut in butter using a pastry cutter or 2 knives. Sprinkle crumble over apples.
3. Bake 40-45 minutes, until bubbly and topping is crispy.

Notes

Nutrition Facts (1/12 of a 9x13 pan): 129 calories, 4g fat, 2.5g saturated fat, 10mg cholesterol, 17mg sodium, 24g carbohydrate, 2g fiber, 9g added sugar, 1g protein, 16mg calcium, 108mg potassium, 26mg phosphorus, 2mg oxalate



Recipe from: thekidneydietitian.org



PAY IT FORWARD

St. Paul's Hospital — Incentre Hemodialysis

On Wednesday, **November 26th** and Thursday, **November 27th**, at St. Paul's Hospital Incentre Hemodialysis, staff will come around all 3 shifts to offer a small beverage and a renal-friendly cookie or muffin to our patients and families for our Pay It Forward days.

