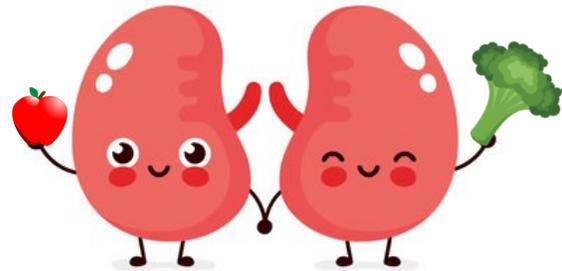
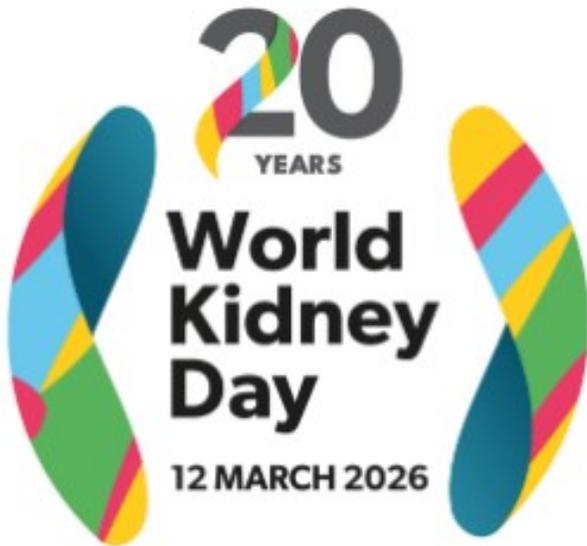




The Kidney Connection

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



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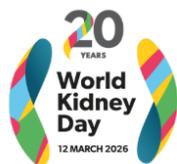
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World Kidney Day - March 12, 2026

KIDNEY HEALTH FOR ALL

Caring for People, Protecting the Planet



#WorldKidneyDay
#KidneyHealthForAll
#OurKidneysOurPlanet
worldkidneyday.org

World Kidney Day is
a joint initiative of
 
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Need Help Filing Your Taxes?

Food Bank and Learning Centre

Register online at <https://saskatoonfoodbank.org/tax-filing>

For more information or help registering call

LauraLee at 306-200-2839

Monday – Friday, 9 am-3pm

SWITCH

Westside Community Clinic

Free Tax Clinics - Wednesday evenings 5:30-7:30

Please call to book: 306-956-2518

Saskatoon Services for Seniors

Starting March 1.

Please call to book: 306-668-2762



MondayMandala.com



French Toast with Berry Cream Cheese Filling

Ingredients

- 2 tsp canola oil
- 2 eggs
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 2 slices bread
- 1 tbsp cream cheese
- 1 tbsp jam (regular or sugar free)
- 1 tbsp maple syrup (regular or sugar free)
- Fresh or frozen berries



<https://www.frugalandthriving.com.au/french-toast-with-cream-cheese-and-jam/>

Directions

1. Heat 2 tsp of oil in a frying pan over medium-high heat.
2. Whisk together the eggs, vanilla extract, and cinnamon in a large bowl.
3. One slice at a time, soak the bread in the egg mixture until well absorbed.
4. Place both slices of soaked bread in the frying pan and cook until each side is lightly browned.
5. Warm the cream cheese in the microwave for 10 seconds to soften. In a bowl, mix together the cream cheese and the jam.
6. Spread the berry cream cheese on one slice of bread, and top with the second slice.
7. Option to serve with maple syrup and berries!

Estimated Nutrient Calculation

Sodium	508 mg
Potassium	173 mg
Phosphorus	78 mg

March has a lot to celebrate!

Nutrition Month

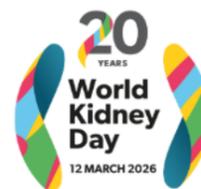
Kidney Health Month

World Kidney Day - March 12

Music Therapy Awareness Month

National Social Work Month

Pharmacy Appreciation Month



Important Note for Dialysis Patients

Please remember that if you are late for your treatment, it can cause delays for other patients. If you are late for your appointment, we may have to shorten your dialysis or your treatment spot may be given to another patient. With limited capacity, flexibility is reduced. **Please call the unit ahead of time** to let them know if you will be late.

Thank you for your understanding.

Kidney – Friendly Sandwiches

Step 1: Choose your grain product

- White bread
- 60% whole wheat or rye bread
- Ciabatta bun
- French bread
- Sourdough bread
- Kaiser roll
- Panini bun
- Plain bagel
- White or whole wheat pita bread
- White or whole wheat tortilla wrap
- Plain rice cake
- Unsalted crackers
- Melba toast

Step 2: Choose your filling

- Oven roasted turkey, chicken, or roast beef
- Eggs—however you prefer to eat them!
- Canned tuna or salmon (drain and rinse)
- Cream cheese and cucumber
- Goat cheese and spinach or peppers
- Peanut butter

Step 3: Add more flavour

- Mayonnaise or Miracle Whip
- Regular cream cheese (avoid low fat)
- French or Dijon mustard
- Garlic aoli (mayo + garlic powder)
- Cranberry sauce

Step 4: Add some crunch

- Lettuce
- Celery
- Chopped onions
- Bell peppers
- Cucumber
- Chopped grapes
- Radishes
- Chopped apple
- Grated carrot

Create your own satisfying sandwich that also gives you important protein, energy, healthy fats, and fibre!



Garlic Green Beans Salad

Ingredients

- 2 cups green beans
- 2 cloves garlic, chopped
- 1 tbsp balsamic or red wine vinegar
- 1 tbsp sesame oil

Directions

Clean the beans and cook in boiling water until tender.

Drain and cool under cold water.

Toss the beans with the garlic, vinegar and oil.

Nutrient Analysis

Sodium: 5 mg

Phosphorus: 25 mg

Potassium: 133 mg





**Wear Green
on St. Patrick's Day
March 17**

Need a Laugh?

What do you call an Irishman who is bouncing off the walls?

— Rick O'Shay

What's the best way to make gold soup?

— Use 14 karats

What's Irish and stays out all night?

— Paddy O'Furniture

