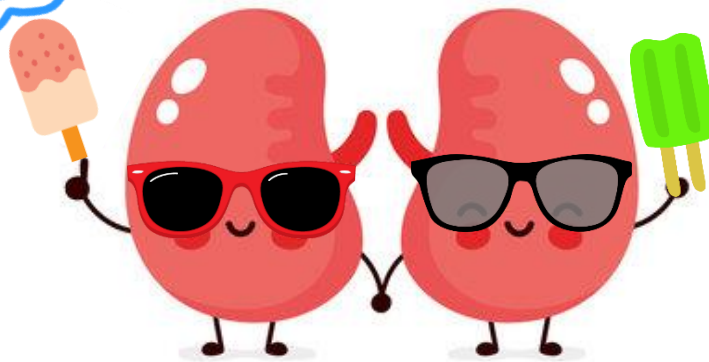


Summer 2026

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

The Kidney Connection



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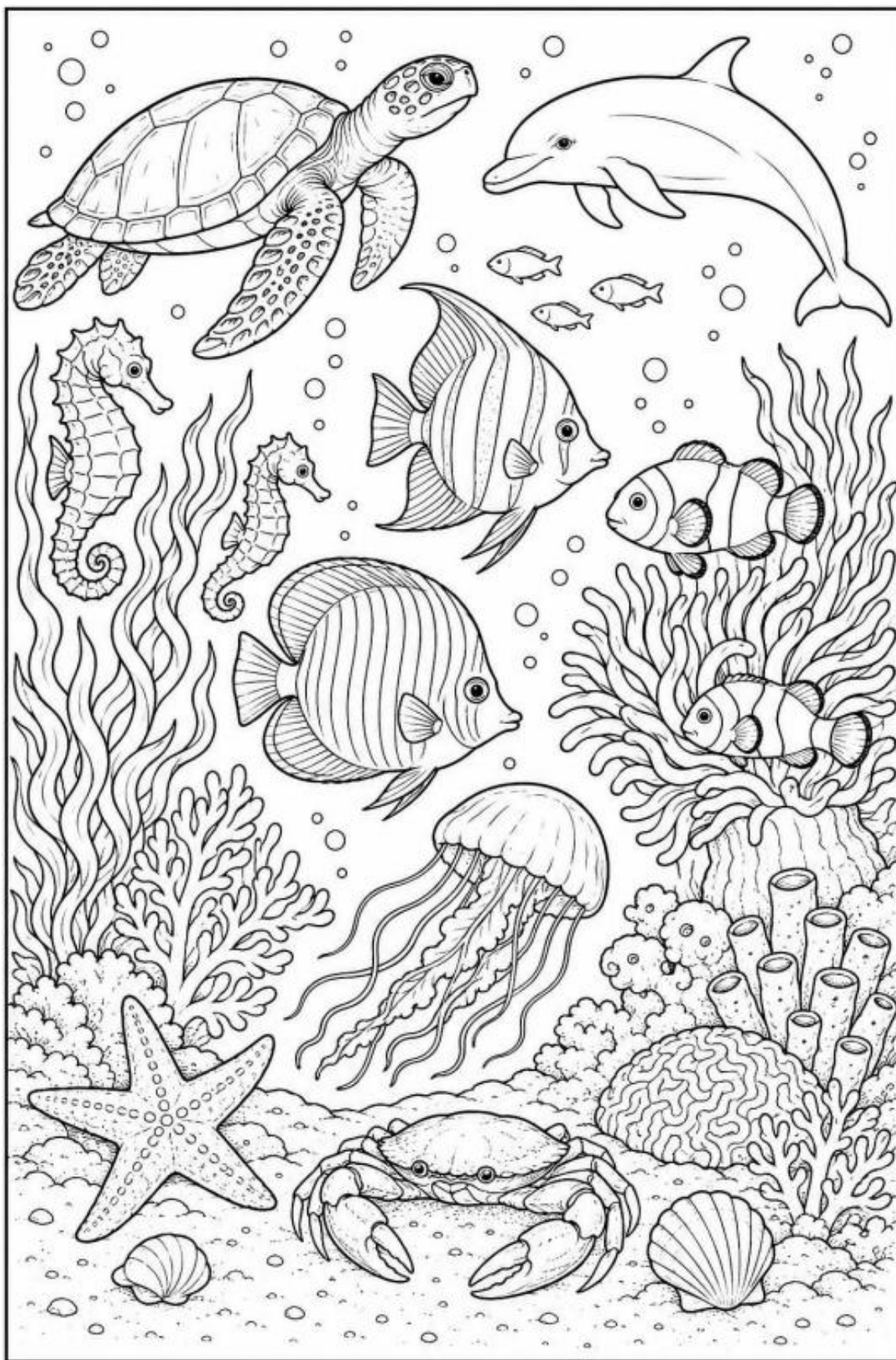
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Grab a marker or pencil crayon, relax and color!





Kidney-Friendly Snack Ideas for Road Trips or Flights

By Dani Renouf, RD, MSc, CDE
Adapted from kidneycommunitykitchen.ca



If you are travelling over the summer, planning ahead to bring some snacks will give you so much more control over your intake and overall nutrition, as opposed to relying on outside food to meet your needs. Oftentimes, people notice how much better they feel when they bring their own food options, because travelling itself can be taxing on our energy levels, even if it's for vacation! Here are 4 tips for successful snacking while on your journey.

1) Pack non-perishable items. Make a checklist of non-perishable items to purchase and pack. Some examples include:

- Unsalted nuts
- Roasted unsalted chickpeas (you can make your own)
- Popcorn, unsalted rice crackers

2) Bring some fruit and vegetables such as apples, pears, plums and grapes, and cut up veggies like carrots, celery, and cucumbers.

3) Remember to pack some protein options. Hard-boiled eggs, tuna, or leftover chicken make for delicious sandwich fillings or toppings for a salad.

4) Remember food safety. If you are bringing your own meals, make sure you have these in an insulated lunch kit with ice packs to keep cold foods cold. You can also use a thermos for your hot foods and consume them within 2 hours of arriving at the airport.

Preparing these foods in advance of your trip will be helpful in setting you up for success as you make new memories with family and friends during the summer break!

Pineapple Sorbet

Adapted from Kidney Community Kitchen
<https://www.kidneycommunitykitchen.ca/kkcookbook/recipes/pineapple-sorbet/>

Ingredients

1 cup frozen pineapple
3 tbsp oat milk
1/2 tsp vanilla extract
1 tbsp honey

Directions

- Add the frozen pineapple, oat milk, and vanilla into a blender.
- Drizzle in the honey if you want it sweeter.
- Pulse until the mixture is smooth, then either serve or store in the freezer for later.



Sodium: 20 mg

Phosphorus: 61 mg

Potassium: 273 mg

Read labels:

Some oat milk brands have potassium or phosphate additives.

Choose Kirkland Oat Milk or Earth's Own Naked Oat Milk, or use cow's milk in this recipe.





2026 Heat Response

COOL DOWN LOCATIONS

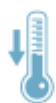
For questions about the strategy,
please email emo.eoc@saskatoon.ca



PARTNERS



Crocus Co-op
135 Ave B South
306-477-2960
Mon-Fri 9:00am-4:00pm



EGADZ/Saskatoon Downtown Youth Centre Inc. (Youth under 20)
485 1st Avenue North
(Drop-in entrance)
Mon-Sat 3:00pm-9:00pm



FASD Network of SK
302 39 23rd Street East
1-866-673-3276
Mon-Fri 9:30am-11:30am &
1:30pm-3:30pm



Friendship Inn
619 20th Street West
306-242-5122
8:00am-9:30am &
10:15am-1:30pm



John Howard Society
218 33rd Street West
Mon-Wed, Fri 9:00am-4:00pm
Thurs 9:00am-7:00pm
(Closed on STATS)



Outdoor Public Washroom
315 Avenue M South
24 hours



Remai Modern
102 Spadina Crescent East
306-975-7610
Wed, Sat-Sun 10:00am-5:00pm
Thurs-Fri 10:00am-9:00pm



Saskatoon Crisis Intervention Service
313 Ontario Avenue
306-933-6200
Mon-Fri 9:00am-12:00pm &
1:00pm-4:00pm



Saskatoon Food Bank & Learning Centre
202 Avenue C South
306-664-6565
Mon-Fri 8:00am-11:45am &
12:30pm-4:00pm



Saskatoon Indian & Métis Friendship Center
168 Wall Street
306-244-0174
Mon-Fri 9:00am-4:00pm



Sawēiyhtotān (STC Health Centre)
1514 20th Street West
306-956-0345
Mon-Fri 9:00am-5:00pm



Station 20 West
1120 20th Street West
306-343-9378
Mon-Fri 8:00am-6:00pm
Sat-Sun 10:00am-6:00pm



The Bridge on 20th Street
1008 20th Street
306-382-2855
Mon-Fri 8:05am-11:30am &
12:00pm-2:00pm



Westside Community Clinic
1528 20th Street West
24 hours

KEY



Cooling Location



Washroom



Shower



Public Water Fountain or Filling Station



Distributes bottled water



Misting Tent



2026 Heat Response COOL DOWN LOCATIONS

For questions about the strategy,
please email emo.eoc@saskatoon.ca



PUBLIC WATER FOUNTAINS / FILLING STATIONS

Diefenbaker Park
Mechanical Building
2610 St. Henry Ave

Meewasin Trail
Adilman Drive, near
Silverwood Barn

Meewasin Trail
U of S Campus, near
the Diefenbaker Centre

Meewasin Trail
Weir/CPR Bridge
Spadina Cres E &
33rd St E

Rotary Park
212 Saskatchewan Cres E

Victoria Park
(Boathouse)
near Ave H S

Victoria Park
(Lions Skate Park)
Spadina Cres W

**W.J.L. Harvey South
Park**
502 Lenore Dr

**Shakespeare on the
Saskatchewan**
948 Spadina Cres E

Gabriel Dumont Park
715 Saskatchewan Cres W

Kiwanis Memorial Park
Spadina Cres E

River Landing Pavilion
940 River Landing
Pavilion

Holiday Park
1320 Ave K S

Cosmo Civic Centre
3130 Laurier Dr

Lawson Civic Centre
225 Primrose Dr

Lakewood Civic Centre
1635 McKercher Dr

Shaw Centre
122 Bowlt Cres

**Saskatoon City Hall -
Main Lobby**
222 3rd Ave N

SASKATOON SPRAY PARKS

All spray pad locations offer button-activated water play from 10:00 a.m. to 10:00 p.m. when the Extreme Heat Emergency Response Plan is activated. Indoor water fountains are available during Summer Play Program hours (see saskatoon.ca/spraypads for hours of operation).

Arbor Creek
(Arbor Creek Park)
1015 Kenderdine Road

Briarwood Spray Pad
(Briarwood Park)
602 Briarwood Road

Dundonald Spray Pad
(Dundonald School)
162 Wedge Road

Erindale Spray Pad
(Father Robinson School)
530 Rogers Road

Exhibition Spray Pad
(Thornton Park)
120 Isabella Street

Evergreen Spray Pad
(Sylvia Fedoruk School)
628 Manek Road

Forest Grove Spray Pad
(Les Kerr Park)
501 115th Street

**Hampton Village Spray
Pad**
(Ernest Lindner School)
1087 Hampton Circle

Holliston Spray Pad
(Holliston Park)
1905 5th Street East

Kensington
(Lions Century Park)
Kensington Lane North

Lakeridge Spray Pad
(Lakeridge School)
305 Waterbury Road

Mayfair Spray Pad
(A.H. Browne Park)
1615 Avenue D North

**Nutrien Playland at
Kinsmen Park**
(Kinsmen Park)
915 Spadina Crescent
East

Parkridge
(Parkridge Park)
1219 McCormack Road

Pleasant Hill Spray Pad
(Pleasant Hill School)
220 Avenue U South

River Heights Spray Pad
(River Heights School)
60 Ravine Drive

River Landing
(Friendship Park)
Spadina Crescent East

Rosewood Spray Pad
(St. Therese of Lisieux
School)
205 Olson Lane

Silverspring Spray Pad
(Mother Teresa School)
738 Konihowski Road

Stonebridge Spray Pad
(Chief Whitecap School)
155 Stonebridge Common

Willowgrove Spray Pad
(Willowgrove School)
903 Stensrud Road

SASKATOON LEISURE CENTRES

 **Cosmo Civic Centre**
3130 Laurier Drive
306-975-3344
Mon-Fri 9:00am-8:00pm
Sat-Sun 12:00pm-6:00pm

 **Saskatoon Field House**
2020 College Drive
306-975-3354
Mon-Fri 6:30am-9:00pm
Sat-Sun 9:00am-3:00pm

 **Shaw Centre**
122 Bowlt Crescent
306-975-7744
Mon-Fri 6:00am-9:00pm
Sat-Sun 9:00am-8:00pm

 **Lakewood Civic Centre**
1635 McKercher Drive
306-975-2944
Mon-Fri 6:00am-9:00pm
Sat-Sun 12:00pm-6:00pm

 **Lawson Civic Centre**
225 Primrose Drive
306-975-7873
Mon-Fri 6:00am-9:00pm
Sat 12:00pm-6:00pm
Sun 10:00am-6:00pm

May 26, 2026

Visit the website of a city near you to find their cool down locations this summer.

Peanut Butter Maple Cookies



Ingredients:

- ½ cup peanut butter
- 1 egg
- 2 Tbsp maple syrup
- 2 Tbsp sugar
- 1 tsp vanilla extract
- ¼ cup all-purpose flour**
- ½ tsp baking soda

Directions:

1. Preheat the oven to 350F and line a baking sheet with parchment paper
2. In a mixing bowl, add peanut butter, egg, maple syrup, sugar, vanilla. Mix until well combined with a wooden spoon. The mixture will be thick.
3. In a separate bowl, mix together flour and baking soda. Transfer dry mixture into the bowl with the wet ingredients. Mix with a spoon until just combined and no flour streaks remain. Do not overmix.
4. Shape cookies into approx. 1 Tbsp balls and place on lined baking sheet. Use the back of a fork to flatten and create a crisscross pattern.
5. Bake for 12-15 minutes or until cookies have risen and surface looks dry. Remove from the oven and cool completely (10-15 minutes). They will firm up as they cool.
6. Store in an airtight container at room temperature for up to 3 days or in the fridge for 10 days.

**Make sure not to pack the flour or the cookies will come out dry.

To measure properly: use a spoon to lightly scoop flour into your ¼ cup measuring cup, then level it off with a knife.

NOTE: We can include nuts, beans and whole grains into the renal diet as less phosphorus is absorbed from these plant foods.

Creating playlists for life: part 2*

Music has the capacity to help you with whatever you are going through. It can truly be your sure friend. Every playlist you develop will bring you into a deep-seeded creative process that will ease your mind and guide you to see your world through a different lens. If you reflect on the past, stay open in the moment, and are willing to embrace the new, your memories, moods, and motivations will continue to grow and change—bringing you a life that is fuller, and more fulfilling, than the life you otherwise would have had."

-Jennifer Buchanan (Wellness, Wellplayed)

Back in May, you were invited to reflect on your music listening habits. Did you notice anything about the music you listen to and why you listen to it? In this edition of the newsletter, we are going to go deeper into identifying the music that has been meaningful to you over the course of your life. The activity below will set you up for curating your own purposeful playlists (watch for more on that in the September newsletter!).

So here's your project for the summer: begin compiling the soundtrack of your life. Start by letting your mind wander back over the years and notice the songs, artists and genres that accompanied you through those times. Then you can start constructing the chart on the next page. This is not meant to be done in one sitting, but over several snippets of time. Each category can be as long or short as you desire. Aim to find 3-10 songs/memories for each category.

As your list develops, you'll probably remember specific artists, albums and songs you had forgotten. Sit with those memories and let them sink in. This is not about making a list of your favourite songs. It is more about identifying the songs that have accompanied and shaped you throughout your life.

If at any time, this process brings up difficult feelings or memories, or you would like to speak to a Certified Music Therapist, please call 306-655-5857.

**adapted from J. Buchanan, Wellness, Wellplayed*



Creating Your Life's Soundtrack

- chose 3-10 songs/memories per category
- break categories into smaller pieces if needed

Age	Songs/Artists/Albums	Associated Memories
Early Years		
Grade School		
Teen Years		
Adulthood		
Today		