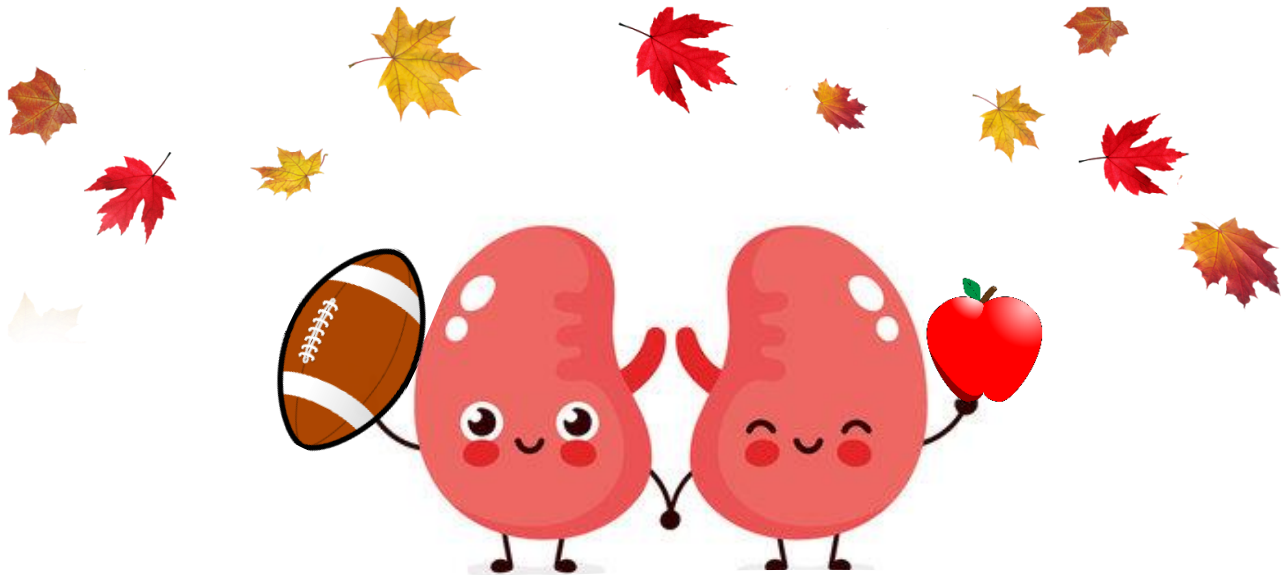


September 2026

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

The Kidney Connection



Hello September

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You are invited to join us for the
Kidney Health
Celebration of Life Service



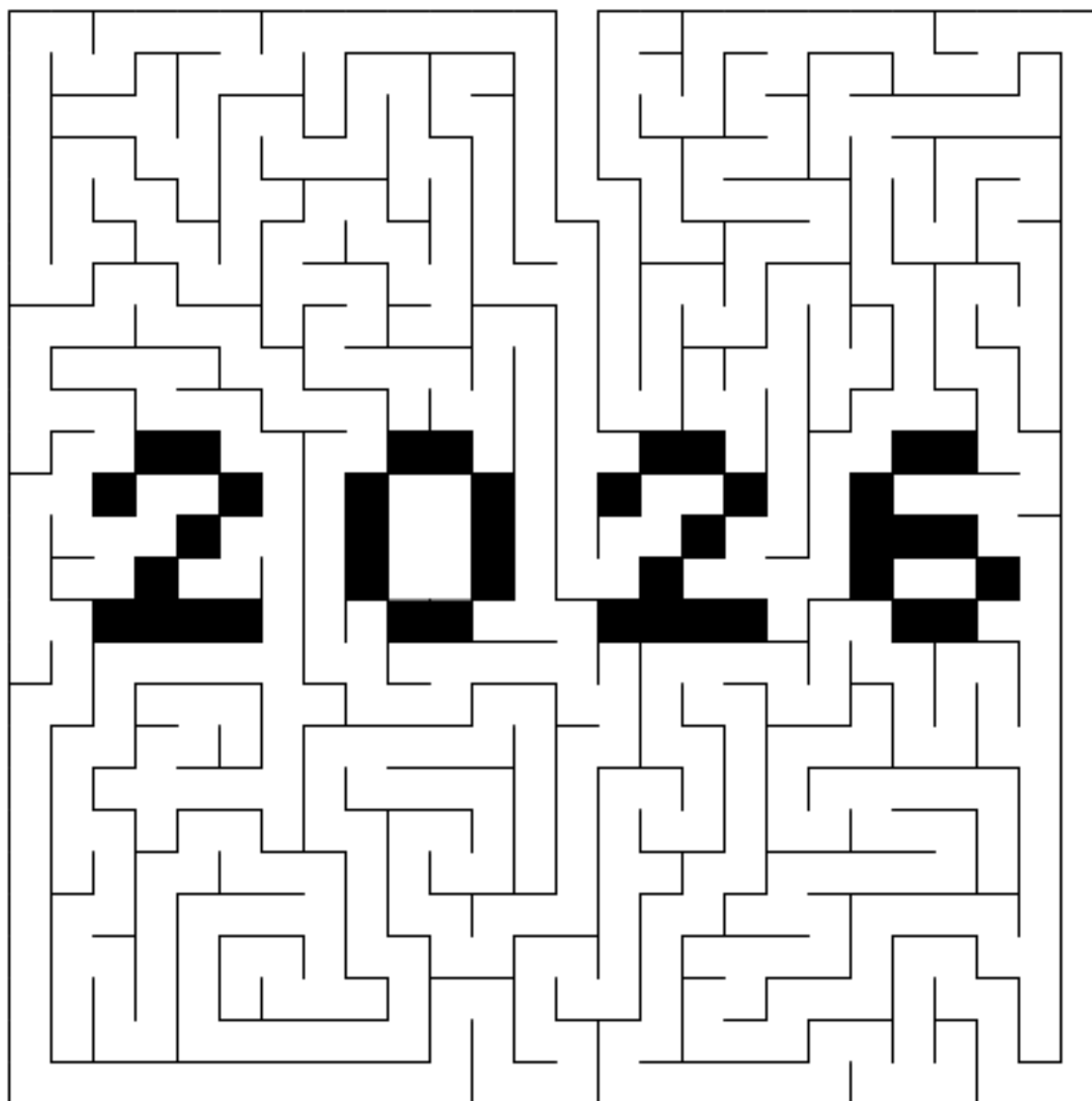
Sunday
September 20, 2026
1:00pm

A time to remember Kidney Health patients
who have passed away during the past year

Please join us for remembrance and fellowship.

**Please RSVP by September 5
by calling Tricia at 306-655-5863 or by emailing
tricia.hutton@saskhealthauthority.ca**

If you are looking for something to do while you wait, try out this puzzle – it's a-maze-ing!



Zucchini Bread

Yield: serves 16 **Prep:** 15 min, **Cook:** 1 hr, **Total:** 1 hr 15 min

Ingredients

3 eggs
1½ cups sugar
1 cup applesauce
2 cups unpeeled zucchini, shredded
1 teaspoon vanilla extract
2 cups flour
¼ teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon ginger



Directions

Beat eggs.

Mix sugar, applesauce, zucchini and vanilla into eggs.

Sift dry ingredients together and add to mixture.

Pour into a loaf pan and bake at 375°F for 1 hour. Put tin foil over the top towards the end of baking to prevent very dark color.

Cut into 16 slices.

Enjoy a slice of bread with ½ cup of
Greek yogurt OR 1 slice of block cheese
OR ¼ cup walnuts

2026 is a health card renewal year

Please watch for your health card renewal stickers in the mail this Fall. They'll be mailed to all Saskatchewan households starting in September 2026. The stickers let health care providers know you're eligible for health coverage until Dec. 31, 2029.

If you've moved since you received your health card or current sticker – **remember to update your address with eHealth!**

A current address ensures your stickers arrive, meaning your health coverage will continue without interruption.

Keep your health card information up to date so health claims can be processed properly.

Update your information if:

- you move
- you have a child
- you get married, divorced or have a relationship change
- you change your name
- your health card expired within the last year
- you have updated immigration documents
- you'll be absent from Saskatchewan for an extended period
- you're returning from an extended absence
- you've been appointed power of attorney for a Saskatchewan resident

To renew your Saskatchewan health card or request a new renewal sticker over the phone, call eHealth Saskatchewan at **1-800-667-7551**

A current address keeps you covered.

Has your address changed? Make sure your health card renewal sticker is sent to the right place to keep your health coverage up to date.

Saskatchewan Health Services

PERSONAL HEALTH NO. 123 456 789

DOB JANE

EFFECTIVE DATE: 03/2004 EXPIRES END OF: 12/2011 SEX F BIRTHDAY 12/1964

FAMILY/BENEFICIARY NO.

RENEWED TO DEC 31, 2029

ehealthsask.ca **UPDATE YOUR INFO TODAY!**



How Meal Planning Supports Kidney Health and Improves Quality of Life



By Dani Renouf, RD, MSc, CDE - Kidney Community Kitchen

The quality of life that we experience is the most important aspect of our wellbeing. This means that when we feel better, we are more likely to take on new challenges, embrace change, and seek experiences that continue that feeling of well-being. Food is such an essential component of this process – when we eat food that is tasty, easy to make, and nourishing, we are more likely to benefit from all the great nutrients and health benefits food provides.

Of course, we need to put in some effort to make sure we are meal planning in a way that works with our daily routine, our cultural food preferences, and our social situation, especially when we are meal planning for a household, or economizing to meal plan for one. The following tips can help you make meal planning more joyful, simple, and efficient.

1. Spend no more than 30 minutes preparing your meals. This means that your challenge is to put in work in advance so that when mealtimes approach, you are mostly reheating or preparing one main item from scratch, while the other elements of the meal are already done. For example, cook some brown rice in advance and freeze the cooked rice in portions. That way, you can defrost what you need for your next meal, pair it with some frozen vegetables, and prepare only the protein from scratch, for example, fish or tofu. You can turn these simple ingredients into a Fried Rice, or a meal bowl within 20 minutes.

2. Always have vegetables on hand. Whether you enjoy fresh vegetables or if frozen vegetables are easier for you to prepare and store, these need to be present at each meal to make sure you're getting adequate fibre, vitamins, and other important nutrients for your health. Using one vegetable in different ways helps you reduce food waste. Choose vegetables you enjoy eating, as any type you choose to include is going to be helpful in meeting your nutrition needs.

3. Make fruit a fun part of every dessert. Although we want to use balance and moderation when choosing desserts, we also want to include some fun foods in our ways of eating, because this is such an important part of our quality of life. To do so, try adding your favourite fruits to the desserts you eat.

Spaghetti Squash and Chickpea Sauté

Ingredients

- 1 medium Spaghetti Squash
- 1 small red onion, finely chopped
- 2 cloves chopped garlic
- 1 bell pepper, thinly sliced
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 15-oz can chickpeas, No Salt Added, drained and rinsed
- 1 cup fresh herbs (parsley, dill, basil, oregano), chopped
- 2 tbsp crumbled dried feta
- Black pepper



Directions:

1. Preheat oven to 400°C.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds. Drizzle the inside of the squash with 1 tablespoon olive oil.
3. Place the spaghetti squash cut side down on a baking sheet. Poke holes in the squash using a fork. Roast for 30 to 40 minutes or until lightly browned on the outside and fork tender.
5. Heat 1 tablespoon olive oil in a frying pan on medium heat. Add red onion and bell peppers, cook until onion is soft and translucent. Add chopped garlic and cook an additional 1-2 minutes, until garlic begins to turn golden brown. Add chickpeas, cook for 2 minutes. Set aside.
6. Remove squash from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the "spaghetti" strands from the sides of the squash.
7. Toss spaghetti squash strands with chickpea mixture, 1 tablespoon olive oil, 2 tablespoons lemon juice and season with black pepper. Mix in fresh herbs and top with crumbled feta. Enjoy!

Behind every step, there's someone **we walk** for.



Register. Fundraise. Walk.

Regina - September 20
Saskatoon - October 4

Registration: 9:00 AM Program: 10:00 AM



Register today at kidneywalk.ca

Questions?
T: 1.833.664.8588
E: info.sk@kidney.ca
@KidneySask

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Use the QR code to access past editions of the Kidney Connection Newsletter on the SHA website.

