



August 2025 Newsletter



Make A Donation Today

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Hello,

The name Gateway Community Action Partnership reflects our expanded coverage area, but more importantly, it signifies what we are all about. We are a gateway to success for individuals and families in our community and we achieve those results through actions done in partnership within that very community we serve. So please take a minute to read our newsletter and learn more about Gateway Community Action Partnership and our impact in our communities.

Agency Mission And CAP Promise

The agency's mission is to provide services that improve the quality of life and promote self-sufficiency.

CAP Promise: Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

Mill Creek Urban Farm Makes An Impact

The
New Jersey Farmer



Gateway's Mill Creek Urban Farm was featured in [The New Jersey Farmer Publication](#) on August 1, 2025. The three-acre farm was established sixteen years ago and features five greenhouses, including one double-hulled, covering approximately 16,000 square feet. The farm grows many of its crops indoors in greenhouses thanks to its hydroponic system, which allows the farm to harvest produce throughout the year. Some vegetables are grown outside in raised beds and containers during warmer months.

Marcus Weaver, the director of agriculture and food initiatives at Gateway Community Action Partnership, has guided operations at the Mill Creek farm for the past 13 years. He stated that 80 percent of the farm's production is sold wholesale, while the remaining 20 percent is donated to the food pantry run by Gateway Community Action Partnership.

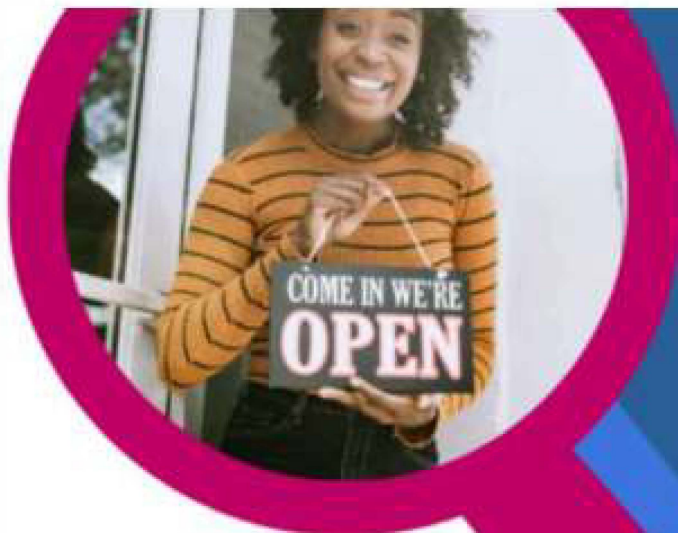
To read the article, click the link above.

Water Days At The Salem Family Success Center



The Salem Family Success Center organizes Water Days for children in the Salem City community on select days throughout the week. During these events, food and drinks are provided, along with crafts and coloring activities for families to enjoy.

Protect CSBG!



Protect CSBG

The Community Services Block Grant (CSBG) has a track record of being a high-impact, fiscally responsible investment that aligns with American values of free enterprise and local decision-making.

The Community Services Block Grant (CSBG) is a locally-driven initiative aimed at tackling poverty, utilizing limited federal funding to help over ten million hardworking Americans achieve economic independence. Established in 1981, CSBG operates on the principle that local communities can better address poverty than centralized federal programs. With a budget of \$770 million, CSBG provides a high return on investment and maintains low administrative costs. Funds are allocated to states and distributed through Community Action Agencies (CAAs), which identify the root causes of poverty and develop programs for job training, financial education, and small business support. Agencies ensure accountability through regular reporting, optimizing taxpayer dollar usage.

Make your voice heard—Protect CSBG!

Gateway Expertise in Action



Misty Sheppard, Nutrition Manager

EARLY CHILDHOOD NUTRITION:

BUILDING HEALTHY HABITS AND GROWING GOODNESS

Early childhood is a critical window for shaping lifelong health and wellness. Proper nutrition during this formative period fuels rapid growth and development. It also lays a foundation for healthy habits that can prevent chronic diseases later in life and nurtures a healthy relationship with food that reduces the risk of eating disorders as they grow older.

As caregivers, educators, and community leaders, we ensure young children have access to nourishing foods while fostering positive attitudes toward eating. My master's in public health/nutrition helped me better understand children's needs and be inclusive of children with special needs, like feeding tubes. Gaining a greater understanding led to making referrals to dietitians and food therapists for kids like a student who refused any food that wasn't a glass of milk. With intervention, this child overcame texture issues that broadened his options.

What stands out about Gateway Head Start is the diversity of experiences we provide – touring a grocery store or seeing how pizza is made at a local pizzeria – and the input we gather from staff, the children, and families in creating culturally-sensitive menus. We work to ensure that everyone feels they have a say. Introducing children to a variety of foods, and teaching them about balanced meals, helps them develop mindful eating habits.

The Power of Gardening: Growing Food, Growing Health

We also employ resources like the USDA's Grow It, Try It, Like It! which is a powerful tool for promoting healthy eating among children through gardening. Gardening provides a hands-on learning experience that teaches children 'where the peas on their plate come from' and the care required to cultivate food. This connection to food increases their willingness to try new vegetables—especially the ones they've grown themselves—broadening their palate and improving diet quality.

Children also learn responsibility and patience as they tend to seeds and plants, eagerly anticipating harvest time. The physical nature of gardening promotes movement and outdoor play, helping to reduce sedentary behaviors while fostering an appreciation for nature. Gardening provides educational enrichment as children gain insights into science, weather, ecosystems, and sustainability. Additionally, caring for plants can bring significant mental health benefits: outdoor time and hands-on gardening reduce stress, improve mood, and boost self-esteem. Our centers that lack land for a garden use "grow boxes" on their playgrounds.

A Path to Lifelong Wellness

At Gateway Head Start, we recognize that fostering healthy nutrition habits and engaging children in growing food supports immediate well-being and helps instill values that last a lifetime. Combining education, nutrition, and gardening empowers our youngest community members to make healthier choices—nurturing both their bodies and their minds.



Misty Sheppard, [the nutrition manager](#) for the Gateway Head Start/Early Head Start program, was recently highlighted as an Expert Contributor in Our Town magazine. Thank you, Misty, for representing Gateway so well and for all your efforts to keep our kids healthy! Click the link above for a more easily readable version of the article on page 14.

Summertime Heat Comes In Many Forms!



Habanero peppers, originally from the Amazon, are now mainly linked to the Yucatan Peninsula in Mexico. They have a lantern-like shape and come in various colors, including orange, red, white, brown, pink, and green before they ripen. Known for their heat, they rank between 100,000 and 350,000 on the Scoville scale.

Here are red and orange habanero peppers from Gateway CAP's Mill Creek Urban Farm. Did you know that a habanero is about 30 times hotter than a jalapeno?

Volunteer Group At The Mill Creek Urban Farm



On Thursday, July 24, a volunteer group from the American Littoral Society spent the day working at Gateway's Mill Creek Urban Farm. This has been an annual event for them for several years, starting when they first planted an edible crop and established a riparian area with native plants at the edge of the farm property to catch rainwater runoff before it enters Mill Creek.

The day's activities included maintaining the riparian planting, which features elderberries, persimmons, and highbush cranberries. They also transplanted tomatoes in one of our hydroponic greenhouses, weeded earth boxes, and replanted them with flowers.

Partner Of The Month Spotlight



Our Partner of the Month for August 2025 is The Dean and Zoe Pappas Family Foundation . We thank The Dean and Zoe Pappas Family Foundation for all its generous contributions to Gateway CAP.

Gateway Community Action Partnership (CAP) appreciates the generous support of Their commitment to corporate social responsibility is commendable and sets a strong example for other organizations. Philanthropic efforts like these are essential for improving society, and their support will significantly enhance our initiatives. We sincerely thank them for their exceptional assistance and extraordinary kindness.

Food Pantry Fun



NJ State Police and the Church by the Bay visited the Gateway Food Pantry the last week in July to distribute toys and clothing. Both the officer and the children seemed to have had fun.

WIC Attends The Rep. Norcross 8th Annual Constituent Services Fair



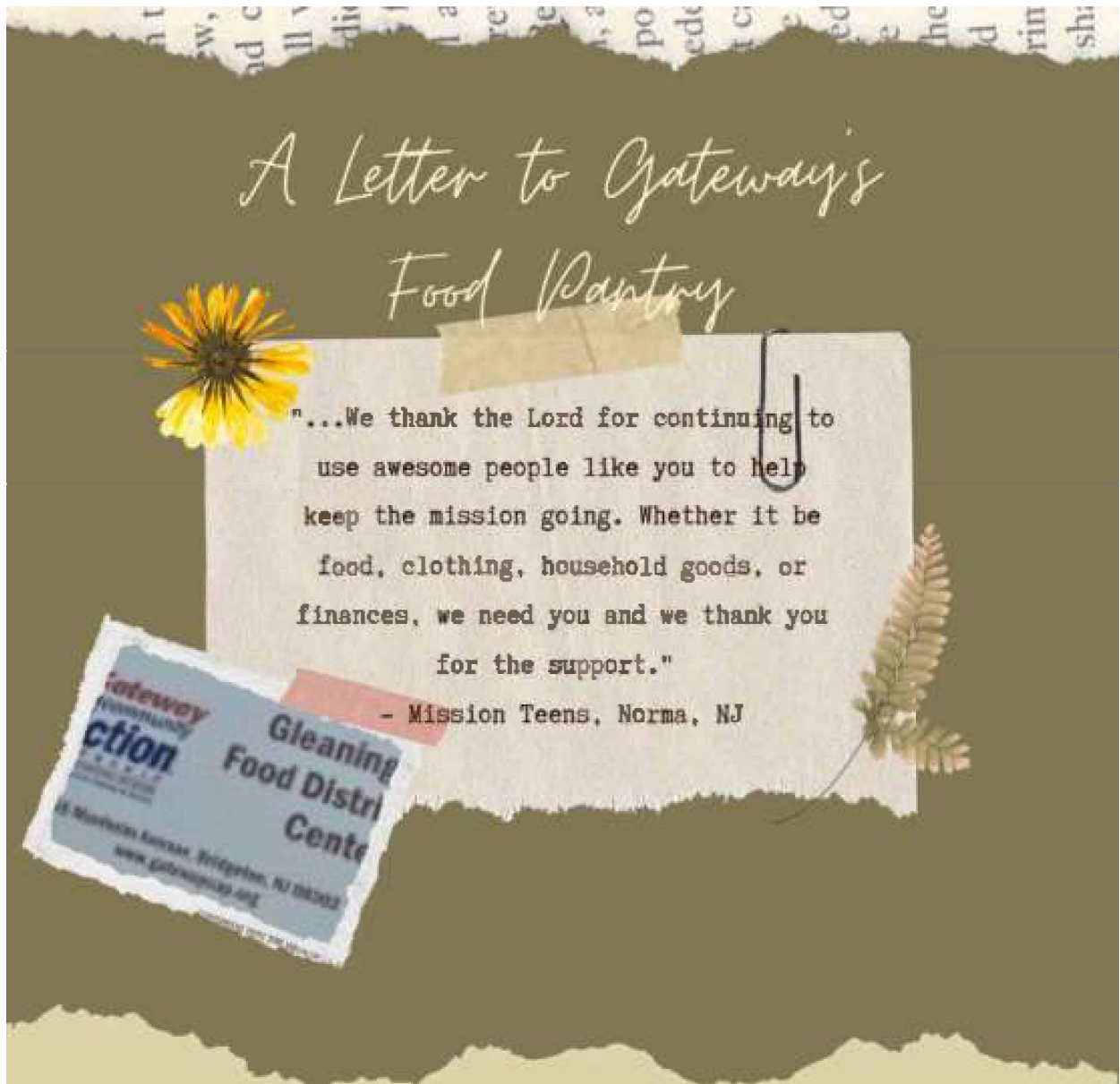
Gateway WIC participated in the Rep. Norcross 8th Annual Constituent Services Fair held at Camden County College on July 21. The event was held in the Connector Building Atrium located at 200 College Drive, Blackwood, NJ. WIC provided valuable resources and information concerning the program and Gateway as an organization. Pictured above is Pam Ryan, assistant WIC coordinator for Camden County.

Gateway WIC Celebrates World Breastfeeding Week



World Breastfeeding Week is celebrated annually from August 1 to 7 to promote breastfeeding and enhance the health of infants worldwide. Gateway WIC offers breastfeeding support and counseling for both prenatal and postpartum women.

Thank You To Gateway Food Pantry



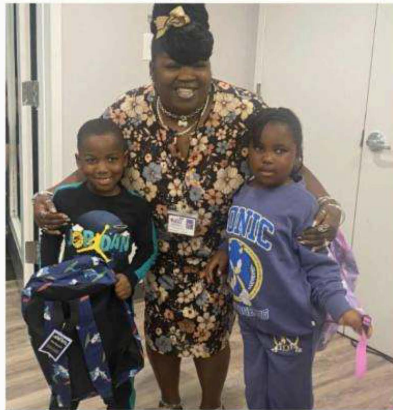
Gateway CAP recently received a thank-you note for a donation of fresh fruit, vegetables, bread, buns, cheese, hoagies, and hot dog cases to Mission Teens in Norma, NJ. Our thanks to the outstanding staff and volunteers who exemplify Gateway's mission to provide services that improve the quality of life and promote self-sufficiency.

New Jersey Youth Corps Volunteers At Gateway Food Pantry



Gateway Food Pantry staff, along with volunteers from the New Jersey Youth Corps (NJYC), distributed bags of fresh produce door-to-door at the 80 apartments in Riverwalk Senior Apartments, located in Bridgeton. Pictured are Anabella Kent and Allani Brown from NJYC. The New Jersey Youth Corps is a year-round program that allows high school-age youth without diplomas to engage in community service and receive training. NJYC has partnered with Gateway CAP's urban farm and food pantry for over 10 years.

The Greater Bridgeton Family Success Center Receives Bookbags



The Greater Bridgeton Family Success Center would like to express our heartfelt thanks to Fulton Bank, particularly to Miss Russell (on the left in the top middle photo), for their generous donation of book bags and school supplies for the children at Amity Heights Apartments. We sincerely appreciate your support and commitment to helping our community.

Community Day 2025

Katina Rollins - Child/Family Site Director

Kelly Savarese - EHS Floating Teacher

Kim Cook - Teacher

Lidia Ramirez Calix - DOE Family Advocate

Miriam Vivar-Silva - Sub Teacher Assistant

Natalia Maldonado - Sub Teacher Assistant

Natalie Scott - Teacher

Parsiphany Pender – Facilities Associate

Summer Camp Closes With A Hollywood Celebration



Gateway CAP Wellness Center's Follow Me & Lead Summer Camp concluded with an exciting celebration! The children showcased their incredible journey with a Hollywood-style performance, featuring dance routines, recitations, a skit, and heartfelt expressions of why they enjoyed summer camp and their hopes to return in the future. One parent shared her initial concerns about her autistic son attending the camp, which transformed into joy as she witnessed his adjustment and the excitement he displayed each day when it was time for camp. It was clear that he had truly matured.

The camp's program director, Ashlee Todd (top left photo), who is also the Mental Health Director of the Gateway CAP Wellness Center, welcomed the parents, family, friends, and well-wishers in attendance with an opening address. Todd was super excited about the camp's progress over the years and thanked her staff for the great work they continue to do. She acknowledged the support and participation of partnering programs, including Coaching Boys Into Men, Healthy Relationships, NJ4S - New Jersey Statewide Student Support Services, and SNAP - Supplemental Nutrition Assistance Program.

Gateway would like to extend its gratitude to Ashlee Todd, camp coordinators Nicole Kinsey and Jennifer Waldemar, and the camp staff: Courtney Brobst, Destiny Brown, Elliott Lumpkin, Janiya Whitaker, Keontray Jamison, Nancy Dixon, and Samantha Jones. Their dedication, passion, and hard work throughout the summer greatly contributed to the camp's success.

Bookbag Giveaway At Ivy Square





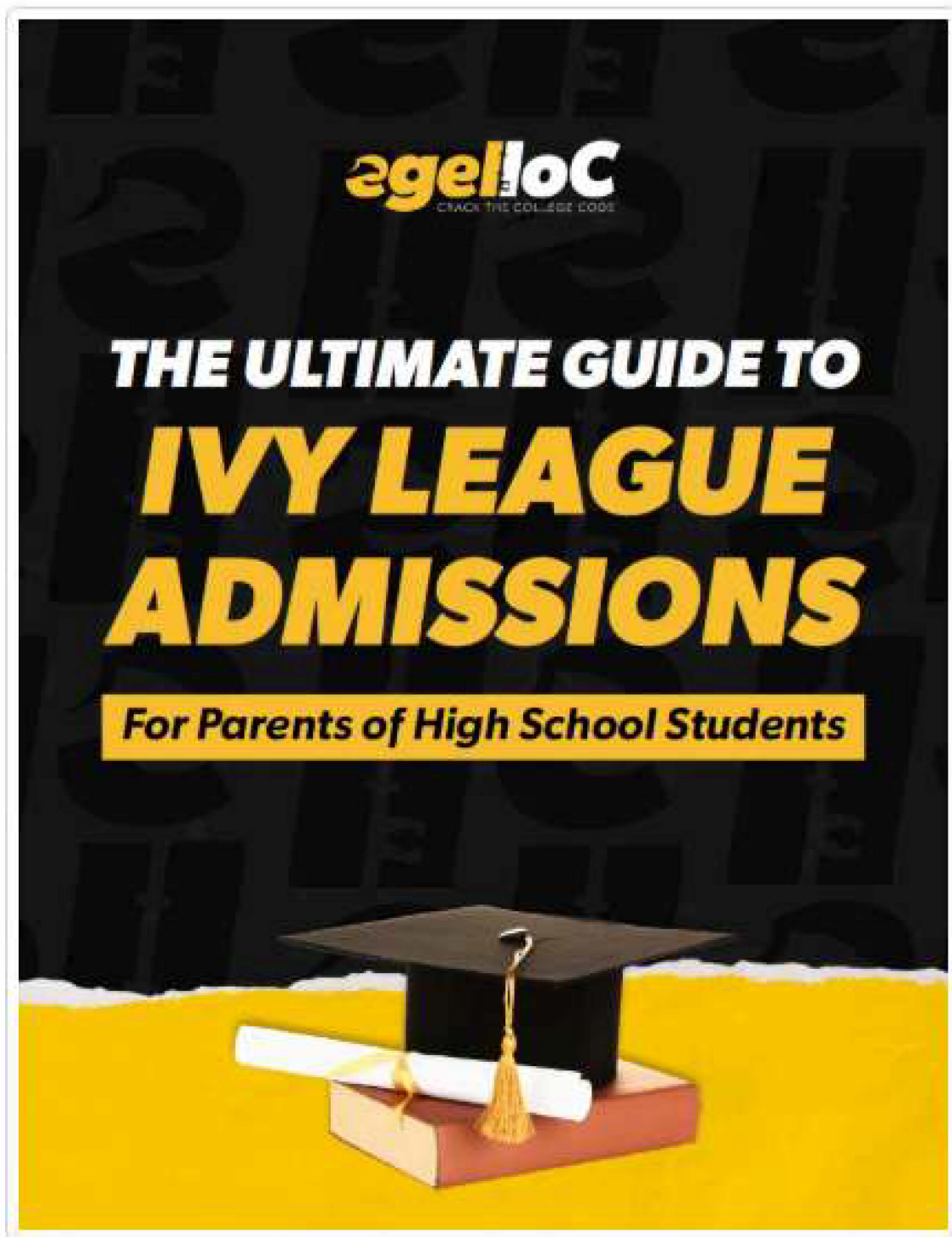
Eugenia Joynes, the Shelter Support Director at Gateway CAP, and Ruby Chestnut, a Family Partner Worker at Gateway's Greater Bridgeton Family Success Center, organized a Back-to-School Bookbag Giveaway at the Ivy Square Apartment Complex. Denise Todd, Gateway's VP of Compliance, accompanied by Patience Kpodi, Eugenia Joynes, Sherry Hill, Ruby Chestnut, and Porsha Barrett, were there to meet the participating families. This event aimed to prepare students for a successful school year. Gateway appreciates the residents for their participation and hopes that the bookbags and supplies will help our young learners start the year strong and with confidence.

Glasstown Family Success Center Donated Book Bags



Gateway's Glasstown Family Success Center in Millville donated bookbags to the Vineland City Center kids. Thanks to the collaboration with Tabatha Roman, owner of Roman Security, and La Unica Restaurant in Vineland. We are stronger together!!!

Is Your Child Preparing For College In The Near Future?



Does your child have excellent grades and desires to attend an Ivy League school when he/she graduates from high school? Click the link below to download the [Ivy League Admissions Guide](#)

Did you know?

- [The circulatory system](#) is more than 60,000 miles long: This is one of those mind-blowing facts. The circulatory system, which includes veins, arteries, and capillaries, if

laid out flat, would stretch for more than 60,000 miles. That's long enough to go around the Earth almost two and a half times!

- [Peanuts](#) aren't technically nuts like pecans and almonds: they're legumes, making them a member of the family of plant-based items that includes lentils, beans, and soybeans. A peanut belongs to the legume family and consists of an edible seed that develops inside a pod. One reason you might not automatically associate peanuts with other legumes is that you don't consume the peanut's dry and brittle pod, unlike many legumes, such as green beans, which you do eat.

They are called forage legumes, which means peanut pods grow under the soil, originating from a bush-like, creeping plant. When they are ripe and ready to harvest, they are pulled up, much like a carrot or potato. Perhaps the nickname "ground nut" is a more fitting description for this tasty legume.

- [Gateway CAP](#) provides diverse programs that reach low to moderate income residents in seven New Jersey counties, including our primary service area of Cumberland, Gloucester and Salem counties. If you know someone in poverty, or at risk, please visit the Gateway website at <https://www.gatewaycap.org/>

Click the links above to learn more.



**Summer Treat For Those Last Hot Days
Before School Begins Again**

Refreshing Summer Recipes To Enjoy



Easy strawberry recipes made from scratch including [strawberry swirl cheesecake](#), [strawberry popsicles](#).



Kids love these [frozen chocolate banana pops](#), which are usually coated in regular chocolate. For this Labor Day weekend, try a red, white, and blue twist on them. They are a lot of fun to make.

Click the links for more exciting summer recipes.



Fun Summer Happenings

School will soon reopen! What do we do with the kids as summer is almost at a close? There is still time to do some fun things before school reopens.

Cape May-Lewes Ferry



Ride the [Cape May-Lewes Ferry](#) for a day trip to Delaware. Or, just enjoy the playground, mini-golf, and picnic offerings at the ferry landing.

Steel Pier Amusement Park





September 2025

Cumberland County Library
 800 E. Commerce Street
 Bridgeton, NJ 08302
 (856) 453-2210 X26100



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7	1 Labor Day Library closed	2 Learn to Type 10:00am-11:30am DOL Students Only 2:00pm-3:30pm	3 One-on-one training Please call to schedule an appointment	4 Outreach	5	6 Computer Basics 10:00am-11:30am 
14 	8 Word Basics Part I 10:00am-11:30am Learn to Type 2:00pm-3:30pm	9 Word Basics Part II 10:00am-11:30am	10 Computer Basics 2:00pm-3:30pm	11 Outreach	12 One-on-one training Please call to schedule an appointment	13
21 	15 Windows 11 tips 2:00pm-3:30pm	16 Learn to Type 10:00am-11:30am DOL Students Only 2:00pm-3:30pm	17 One-on-one training Please call to schedule an appointment	18 10am-Digital Skills meeting Outreach	19 Excel Charts 10:00am-11:30am	20 
28 	22 Excel Basic Part 1 2:00pm-3:30pm	23 Excel Basic Part 2 2:00pm-3:30pm	24 PowerPoint Basics 6:00pm-7:30pm	25 Outreach	26	27 Stay Safe online: Easy tips to protect your computer. 10:00am-11:30am
<p>Lab & Class hours are subject to change without notice</p> <p>Registration required due to limited seating</p> <p>Walk-ins welcome but registration is preferred</p>						

Date	Class	Description
September 5 10:00am-11:30am	Learn to Type	Learn to type using the Mavis Beacon program or simply improve your existing skills.
September 3	One-on-one training	Please call to schedule an appointment
September 6 10:00am-11:30am	Computer Basics	Learn the basic features of your computer, including hardware, software, mouse, keyboard, and the Windows 11 desktop. Explore the taskbar, Start menu, user accounts, search tools, and File Explorer. Discover how to open files, folders, and programs.
September 8 10:00am-11:30am	Word 2019 Basics Part I	Learn the basic features of the main screen, how to create and format documents, and how to open, save, and delete files. Discover how to save documents as 97-2003 versions or PDFs. Practice copy, cut, paste, selecting and dragging text, using undo/redo, find and replace, adjusting margins, and running spell check.
September 8 2:00pm-3:30pm	Learn to Type	Learn to type using the Mavis Beacon program or simply improve your existing skills.
September 9 10:00am-11:30am	Word 2019 Basics Part II	We will modify a document to create a flyer that includes a table & photo. Learn to add watermarks, custom watermarks, page borders, print background color and images. Insert page numbers, header and footers and create columns.
September 10 10:00am-11:30am	Computer Basics	Learn basic features: hardware, software, mouse, keyboard, Windows 11 desktop, taskbar, start menu, how to sign on/off with user account, using search features, file explorer. How to open a file, folder, and programs. How to save your files and different
September 12	One-on-one training	Please call to schedule an appointment
September 15 2:00pm-3:30pm	Windows 11 tips	Learn some windows tips and tricks
September 16 10:00am-11:30am	Learn to Type	Learn to type using the Mavis Beacon program or simply improve your existing skills.
September 17	One-on-one training	Please call to schedule an appointment
September 19 10:00am-11:30am	Excel 2019 Charts	Learn how to create a spreadsheet and learn how to add different types of basic charts to your spreadsheet and how to move to a new sheet.
September 22 2:00pm-3:30pm	Excel Basics 2019 Part 1	Get to know Excel's main features—from entering data and creating spreadsheets to adjusting rows, columns, and worksheets. Learn simple tools like copy/paste, formatting, and how to manage multiple sheets in one workbook.
September 23 2:00pm-3:30pm	Excel Basic 2019 Part 2	Learn how to create a spreadsheet with basic formulas using, sum, average, min, max, how to use the flash fill, how to create a spreadsheet and pull data from your worksheet to a summary page.
September 24 6:00pm-7:30pm	PowerPoint 2019 Basics	Learn basic features of PowerPoint ribbon, quick access toolbar, backstage view, inset slides, add text and more.
September 27 10:00am-11:30am	Saty Safe online: Easy tips to protect your computer.	Learn simple ways to protect your computer and personal info from online threats. Perfect for beginners—no tech skills needed!
September 29, 10:00am-11:30am	Internet Basics	Learn the basics of Microsoft Edge and Google Chrome, including how to use the main screen, understand the difference between the address bar and search bar, change your homepage, open and manage tabs, recognize hyperlinks, and navigate websites with confidence.

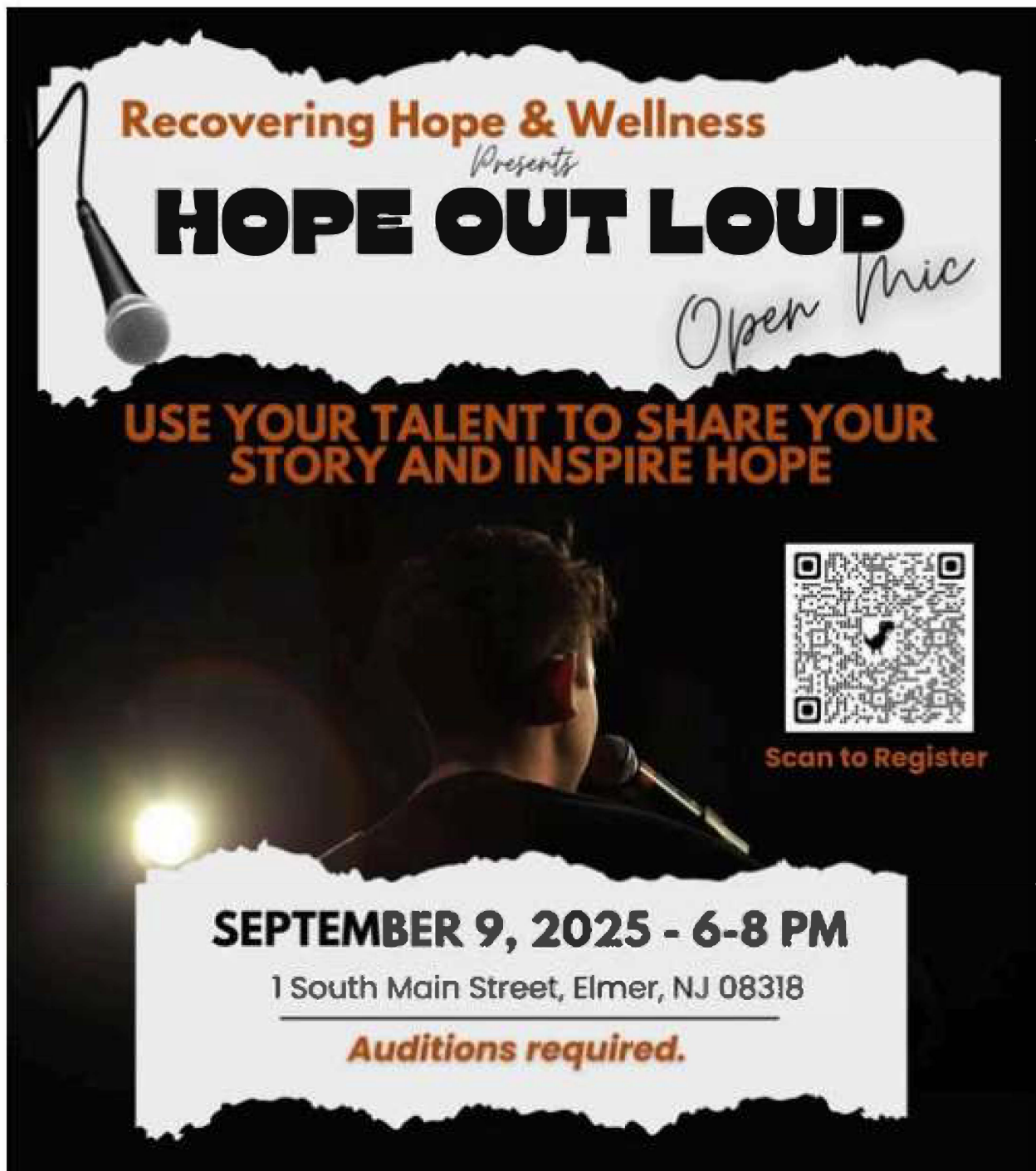
Are you looking to enhance your computer skills or learn new ones? Cumberland County Library offers free computer classes every month. Attached is the September schedule. These classes are available to residents of the county and non-residents alike.

To register, please call (856) 453-2210, extension 26100.

OR

Email: www.cclnj.org

Gateway Wellness Center Open Mic Event



Gateway CAP Wellness Center's Recovering Hope & Wellness Presents:
HOPE OUT LOUD Open Mic!

Do you have a story, song, poem, or talent that can inspire others related to your recovery journey? This is your chance to share your gift, uplift hearts, and spread HOPE.

Date: Tuesday, September 9, 2025

Time: 6:00 – 8:00 PM

Location: The Hangar 1 South Main Street, Elmer, NJ 08318

Auditions are required

Register Here <https://forms.gle/urWnCYtrjC2YyZ94A>

For more information, contact:

Rashida Williams at (978) 467-7677

Let's come together as a community to use our voices and talents to inspire change, healing, and hope.

Uno Tournament At Glasstown Family Success Center



Glasstown Family Success Center of Millville, in collaboration with Positive Vibes Community Group, invites the community to participate in their "Uno Tournament" on Friday 26, September, at 21 E Main Street (Rear Suite), Millville, NJ 08332
Time 5:00 pm - 7:00 pm
Please call 856-765-0205 to pre-register.
Pizza and other refreshments will be served.

Upcoming Notable Dates In September

September 1- Labor Day

September 1 - Agency Closed in observance of Labor Day

September 7- National Grandparents Day

September 11- Patriot Day

Gateway Community Action Partnership

110 Cohansey Street
Bridgeton, NJ 08302
Phone: (856) 451-6330

Contact Us Today



Gateway Community Action Partnership | 110 Cohansey Street | Bridgeton, NJ 08302 US

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