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**Food Bank of Delaware to hold senior health fair on May 14**

**Milford, Del.** (April 30, 2015) – Are you a senior citizen? Interested in good health? Looking for financial information or volunteer opportunities?

Time to circle Thursday, May 14 on your calendar! The Food Bank of Delaware will host its first Health Fair at the Milford branch.

Seniors, age 60 and above, are invited to attend from 9 a.m.-2 p.m. There will be more than 25 vendors, including, but not limited to, Bayhealth, LaRed, Nemours, the Food Bank of Delaware, and state agencies.

Those attending will be asked to sign in prior to visiting screening sites and informational tables. Each registrant will receive a card, similar to a Bingo card, that they will have stamped at each site, making them eligible for additional giveaways and drawings.

Melissa Holochwost, senior and mobile pantry program manager at the Food Bank of Delaware, is pleased with the response to this inaugural event.

“We want to make it fun and relaxing, and we want seniors to feel like it is OK to ask for assistance,” she said.

She said the concept for the health fair was a natural offshoot of monthly senior cooking and nutrition classes offered at the Food Bank. The classes and health fair are supported through the generosity of the Palmer Home Foundation.

“From the mobile pantries and senior classes, I can see that seniors are interested in getting more education. They aren’t aware of the existing services,” she said.

“This is an opportunity for them to talk with experts.”

Holochwost has invited senior centers to bring groups to the event, but asks those planning to bring more than 10 people to call for a designated time.

“I’m really pleased and overwhelmed with the positive response,” she added. “I’m excited, and I think it will go well.

Senior centers wanting to schedule a time to visit the health fair should call (302) 444-8129 or email [mholochwost@fbd.org](mailto:mholochwost@fbd.org).

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**About the Food Bank of Delaware**

The Food Bank of Delaware distributes millions of pounds of food and grocery products each year to 550 hunger-relief partners throughout the state and also provides thousands of meals a month for children through the After-School Feeding Program, the Summer Food Service Program and the Backpack Program. The Food Bank’s hunger-relief programs directly provide for Delawareans at risk of going without meals each year. For more information about the Food Bank of Delaware, visit [www.fbd.org](http://www.fbd.org) or call (302) 292-1305.