

Sara Gangel

Senior Counsel

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Sara Gangel is an experienced commercial, M&A, and capital markets attorney. In addition to her corporate law practice, Sara has expertise in distribution, logistics, manufacturing, and food industry matters. She is senior counsel with Foley & Lardner LLP and a member of the firm's Transactions Practice Group.

Sara spent a decade in private practice focused on M&A and corporate law at large firms in Seattle, Denver, and Boulder. Most recently, she served as General Counsel and Senior Vice President of Human Resources at Harvest Sherwood Food Distributors, Inc., where she was a member of the Executive Leadership Team.

Additionally, Sara was Senior Corporate and Securities Counsel at HNI Corporation, an NYSE listed company, where she was responsible for securities compliance, corporate governance, and complex commercial transactions for the company.

Sectors

- [Automotive](#)
- [Consumer Products](#)
- [Equipment & Industrial Product Manufacturing](#)
- [Food & Beverage](#)
- [International Trade & National Security](#)
- [Manufacturing](#)
- [Smart Manufacturing](#)
- [Supply Chain](#)
- [Sustainability & Product Stewardship](#)

Practice Areas



FOLEY & LARDNER LLP

- [Corporate](#)
- [Transactions](#)

Education

- **University of Iowa College of Public Health (M.H.A.)**
 - Health Administration
- University of Iowa, College of Law (J.D.)
- University of Iowa, College of Engineering (B.S.E.)
 - Chemical Engineering

Admissions

- Michigan
- Iowa
- Colorado
- Washington