

## Who?

Seed 2 Roots is a legal and policy consulting enterprise led by attorneys Mary Marrow and Natasha Frost. Together, Mary and Natasha have nearly 50 years of public interest legal experience. They live in Minnesota.

## Why?

Seed 2 Roots helps support a community vision in the context of existing policy and systems and identify seeds of change to establish strong roots to grow just, equitable communities.

## What?

We work in partnership with community members, coalitions, governmental entities, and organizations to provide legal technical assistance.

## How?

Legal technical assistance provided by Seed 2 Roots includes:

- Support for policy solutions to advance community health using a social determinants of health framework through an equity lens;
- Legal and policy research to assess state and local laws and policies that impact community public health priorities;
- Identifying strengths, gaps, and opportunities in existing laws and policies to make progress in specific community health needs;
- Trainings and workshops;
- Reviewing draft policies to provide feedback and suggested changes to strengthen community efforts; and
- Making connections with communities and partners working on similar initiatives in Kansas, Minnesota, and nationally.

*Seed 2 Roots does not provide legal advice and does not enter into attorney-client relationships.*

## Where?

Check out our website: [www.seed2roots.com](http://www.seed2roots.com)

Contact us via email: [info@seed2roots.com](mailto:info@seed2roots.com)

Contact us by phone: **507-550-2250**

