Edgar Filing: SunOpta Inc. - Form 4

SunOpta Inc.											
Form 4											
October 20, 2	014										
FORM	4 INTE	р статр	SECUE	TTIEC A	ND EV		NCEO	OMMISSION	OMB APPROVAL		
Washington, D.C. 20549						NGE C	UMINIISSIUN	OMB Number:	er: 3235-0287 3: January 31, 3: 2005		
Check this if no longe	ər										
subject to STATEMENT OF CHAN				GES IN BENEFICIAL OWNERSHI					Estimated a	average	
Section 16. SECUR Form 4 or								burden hours per response 0.5			
Form 5	Filed p	oursuant to	Section 1	6(a) of the	e Securit	ies E	xchange	e Act of 1934,			
obligation may conti				•	•	· ·		1935 or Section	n		
See Instru 1(b).		30(h)	of the In	vestment	Compan	y Ac	t of 194	.0			
(Print or Type R	esponses)										
Fraser Peter L Symbol			er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer				
			SunOpt	a Inc. [ST	KL]			(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of	Earliest Tra	ansaction			(Chee	k all applicable	·)	
(Month/D			-				X_ Director 10% Owner Officer (give title Other (specify				
2 BLOOR S' 3000	FREET EAST	, SUITE	10/16/20	014				below)	below)	er (specify	
	(Street)		4. If Ame	ndment, Da	te Original			6. Individual or Jo	int/Group Filin	g(Check	
Filed(Mon			nth/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person				
TORONTO, 1A8	ONTARIO, Z	Z4 M4W						Form filed by N Person	Iore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)			on Date, if	3.4. Securities AcquiredTransaction(A) or Disposed of (D)Code(Instr. 3, 4 and 5)(Instr. 8)				5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I)		
						(A) or	D .	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(Instr. 4)	
Common Shares	10/16/2014			Code V A	Amount 776	(D) A	Price \$ 13.19	10,069	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address			Relationsh		
		Director	10% Owner	Officer	Other
Fraser Peter L 2 BLOOR STREET EAST SUITE 3000 TORONTO, ONTARIO, Z4 M4W 1A8		Х			
Signatures					
/s/ Peter L. Fraser	10/20/2014				
<u>**</u> Signature of Reporting Person	Date				

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.