Edgar Filing: SunOpta Inc. - Form 4

SunOpta Inc. Form 4											
November 10, 2	2016										
FORM	4 UNITED	STATES			AND EXC , D.C. 205		COMMISSIO		PPROVA. 3235-		
Check this b if no longer subject to		/IENT OF		U		Expires:	January 31, 2005	-			
Section 16. Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934							has A at af 1024	burden hou response	burden hours per response (
obligations may continu <i>See</i> Instructi 1(b).	e. Section 17(a) of the H	Public U	Itility Hol		pany Act	of 1935 or Secti				
(Print or Type Resp	ponses)										
1. Name and Adda ATKINS M SH		Person <u>*</u>	Symbol	er Name an ta Inc. [S]	d Ticker or ΄ ΓKL]	Frading	5. Relationship o Issuer				
(Last)	(First) (I	Middle)	3. Date c	of Earliest T	ransaction		(Ché	eck all applicabl	e)		
7301 OHMS LANE			(Month/Day/Year) 11/08/2016				X_ Director10% Owner Officer (give titleOther (specify below)below)				
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
EDINA, MN 5	5439						Person	More than One R	eporting		
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative S	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	i	
	Transaction Date onth/Day/Year)		Date, if	3. Transactio Code (Instr. 8) Code V		A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature Indirect Beneficia Ownershi (Instr. 4)	ıl	
Reminder: Report	on a separate line	e for each cla	ass of sec	urities bene	ficially own	ed directly o	or indirectly.				
					inform require	ation cont ed to respo /s a curre	spond to the colle ained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)		
	Tab	le II - Deriv	ative Sec	curities Acc	uired, Disn	osed of, or	Beneficially Owned	d			

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount	8.
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	of Underlying	De
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	Securities	Se
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired		(Instr. 3 and 4)	(It

	Derivative Security				(A) orDispose(D)(Instr. 3, and 5)					
			Code V	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 6.65	11/08/2016	A		5,322		11/08/2017	11/08/2026	common shares	5,322

Reporting Owners

Reporting Owner Name / Addres	s	Relationsh		
	Director	10% Owner	Officer	Other
ATKINS M SHAN 7301 OHMS LANE EDINA, MN 55439	Х			
Signatures				
/s/ Shan Atkins	11/10/2016			
**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.