Edgar Filing: SunOpta Inc. - Form 4

SunOpta Inc. Form 4									
November 10, 20								OMB A	PPROVAL
FORM 4	UNITED	STATES		RITIES A			COMMISSIO		3235-0287
Check this box if no longer								Expires:	January 31, 2005
In the folger STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP subject to Section 16. Section 16. SECURITIES Form 4 or Filed pursuant to Section 16(a) of the Securities Exchange Act of 1							Estimated average burden hours per response (
obligations may continue. See Instruction 1(b).	Section 17(a) of the H	Public U	Itility Hol	ding Con		of 1935 or Secti		
(Print or Type Respo	nses)								
1. Name and Addres Hollis Richard D		Person <u>*</u>	Symbol	er Name and ta Inc. [S]		Trading	5. Relationship o Issuer		
(Last)	(First) (1	Middle)	•	of Earliest T	-		(Cho	eck all applicabl	e)
3404 N 141ST ST			(Month/Day/Year) 11/08/2016			X_ Director 10% Owner Officer (give title Other (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 			
OMAHA, NE 68	8164						Person	where than one R	epotting
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
	ansaction Date hth/Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	Code (Instr. 8)	4. Securiti nAcquired Disposed (Instr. 3, 4	(A) or of (D) and 5) (A) or	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 of Indirect Beneficial Ownership (Instr. 4)
				Code V	Amount	(D) Price			
Reminder: Report or	n a separate line	e for each cla	ass of sec	urities bene	-	-	-		
					inform requir	ation cont ed to respo ys a currer	pond to the colle ained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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

	Derivative Security				or Dispose (D) (Instr. 3, 4 and 5)					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 6.65	11/08/2016	А		15,967		11/08/2017	11/08/2026	common shares	15,967
Restricted Stock Units	<u>(1)</u>	11/08/2016	A		7,995		11/08/2017	<u>(2)</u>	common shares	7,995

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer Other				
Hollis Richard Dean 3404 N 141ST ST OMAHA, NE 68164	Х						
Signatures							
/s/ Richard Dean 1	1/10/2016						

Hollis	11/10/2010
**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).
- (1) Each Restricted Stock Unit represents a contingent right to receive one share of STKL common stock.
- (2) The Restricted Stock Units do not have an expiration date.

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.