Edgar Filing: SunOpta Inc. - Form 4

SunOpta Inc Form 4 May 15, 201									
FORM	14 UNITED		URITIES A			COMMISSIO		PPROVAL 3235-0287	
Check this box if no longer subject to Section 16. SECURITIES SECURITIES January 31 2005 Expires: January 31 2005 Estimated average burden hours per								urs per	
	Address of Reporting	Symbo	uer Name an ol opta Inc. [S'		r Trading	5. Relationship o Issuer	of Reporting Per eck all applicabl		
			e of Earliest Transaction h/Day/Year))/2014			X Director 10% Owner Officer (give title Other (specify below) below)			
			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 Person 			
(City)	(State)	(Zip) T	able I - Non-	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year	Code) (Instr. 8)	Disposed (Instr. 3,	(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 of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Re	port on a separate line	e for each class of s				or indirectly.			
				Perso inforr requi	ons who res nation cont red to respo	spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)	

number.

 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	6. Date Exercisable and	7. Title and Amount of	8. Pr
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	Deriv
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired			(Inst

	Derivative Security				(A) orDisposed(D)(Instr. 3, and 5)					
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Restricted Stock Units	<u>(1)</u>	05/13/2014	А		7,826		(2)	(3)	Common Stock	7,826

Reporting Owners

Reporting Owner Name / Address		Relations	nips	
	Director	10% Owner	Officer	Other
ROUTH ALLAN GLEN 50 KIRK PL. OWATONNA, MN 55060	Х			
Signatures				

Allan Routh	05/15/2014
<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).
- (1) Each restricted stock unit represents a contingent right to receive one share of STKL common stock
- (2) The restricted stock units vest in three equal annual installments beginning in May 13, 2015
- (3) No 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.

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