SunOpta Inc.

Form 3 January 26, 2016 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB APPROVAL FORM 3 Washington, D.C. 20549 OMB 3235-0104 Number: January 31, **INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF** Expires: 2005 **SECURITIES** Estimated average burden hours per Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, response ... 0.5 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 (Print or Type Responses) 1 Name and Address of Reporting 2 Date of Event Requirin

Person <u>*</u> Haft Ed				2. Date of Event Requiring Statement (Month/Day/Year)	3. Issuer Name and Ticker or Trading Symbol SunOpta Inc. [STKL]				
(Las	st)	(First)	(Middle)	01/18/2016	4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)	
SUNRISE GROWERS, 701 W. KIMBERLY, SUITE 210					(Check all applicable) <u>X</u> Officer 10% Owner (give title below) (specify below) SVP & GM				
(Street) PLACENTIA, CA 92870								6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One	
(Cit	y)	(State)	(Zip)	Table I - N	Non-Derivat	tive Securiti	ies Be	Reporting Person neficially Owned	
1.Title ((Instr. 4	of Securi	ty		2. Amount o Beneficially (Instr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nat Owne (Instr.	•	
Comm	ion sha	res		0		D	Â		
	-	rt on a separa r indirectly.	ate line for ea	ch class of securities benefic	^{ially} S	EC 1473 (7-02	2)		
		inform	nation conta	pond to the collection of ained in this form are not and unless the form displ					

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

currently valid OMB control number.

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership (Instr. 5)
		Title	Security	Direct (D)	

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	Date Exercisable	Expiration Date		Amount or Number of Shares		or Indirect (I) (Instr. 5)	
Stock options	(1)	10/09/2025	Common shares	100,000	\$ 5.26	D	Â

Reporting Owners

Reporting Owner Name / Add	ress	Relationships						
hepotong o mer tanto / trad		10% Owner	Officer	Other				
Haft Ed SUNRISE GROWERS 701 W. KIMBERLY, SUITE PLACENTIA, CA 92870		Â	SVP & GM	Â				
Signatures								
/s/ Ed Haft 02	1/26/2016							
<u>**</u> Signature of	Date							

Reporting Person

Date

Explanation of Responses:

- If the form is filed by more than one reporting person, see Instruction 5(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).
- These options will become exercisable in five equal annual installments on each of October 9, 2016, 2017, 2018, 2019 and 2020. These (1) options qualify as incentive stock options.

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.