SunOpta Inc. Form 4											
December 01, 2 FORM 4 Check this b if no longer subject to Section 16. Form 4 or Form 5 obligations may continue See Instruction 1(b).	Washington, HANGES IN I SECUR tion 16(a) of the lic Utility Hold	AITIES AND EXCHANGE COMMISSION Chington, D.C. 20549 GES IN BENEFICIAL OWNERSHIP OF SECURITIES 6(a) of the Securities Exchange Act of 1934, ility Holding Company Act of 1935 or Section vestment Company Act of 1940					Number: 3235-0287 Expires: January 31, 2005 Estimated average burden hours per response 0.5				
(Print or Type Resp	ponses)										
KENDALL JEREMY Symbol								5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 3. Date of (Month/D 17121 MISSISSAUGA RD 11/28/20 (Street) 4. If Ame			3. Date of Earliest Transaction Month/Day/Year) 11/28/2014				(Check all applicable) <u>X</u> Director Officer (give title below) below) (Check all applicable) 10% Owner Other (specify below)				
			If Amendment, Da ed(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 				
(City)		Zip)	Tabla I Non D	onivotivo S	aannit	ios A og	Person uired, Disposed of	or Donoficial	ly Owned		
1.Title of 2.	. Transaction Date Month/Day/Year)	2A. Deemed Execution Da any (Month/Day/	3. ate, if Transactic Code	4. Securiti on(A) or Dis (Instr. 3, 4)	ies Aco sposed	quired 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		
Common 1 Shares	1/28/2014		S	10,000	D	\$ 13.5 (1)	473,833	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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D)		ate	7. Title a Amount Underlyi Securitie (Instr. 3	of ing es	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	or Title N of	umber		

Reporting Owners

Reporting Owner Name / Addre	SS	Relationships						
	Director	10% Owner	Officer	Other				
KENDALL JEREMY 17121 MISSISSAUGA RD BELFOUNTAIN, A6 00000	Х							
Signatures								
/s/ Jeremy Kendall	12/01/2014							
**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) Canadian Dollars

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.