SunOpta Inc. Form 4 November 10, 2016

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

2. Issuer Name and Ticker or Trading

SunOpta Inc. [STKL]

4. If Amendment, Date Original

Filed(Month/Day/Year)

3.

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

Symbol

OMB APPROVAL

OMB Number:

3235-0287

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(Print or Type Responses)

1(b).

1. Name and Address of Reporting Person *

Haft Ed

(Last)

(First)

(Middle)

3. Date of Earliest Transaction

(Month/Day/Year) 7301 OHMS LANE 11/08/2016

(Street)

(City) (State) (Zip)

EDINA, MN 55439

1. Title of 2. Transaction Date 2A. Deemed Security

(Month/Day/Year) (Instr. 3)

(Month/Day/Year)

Execution Date, if TransactionAcquired (A) or

Code (Instr. 8)

Disposed of (D)

(Instr. 3, 4 and 5)

4. Securities

(A)

(Instr. 3 and 4) Code V Amount (D) Price

5. Relationship of Reporting Person(s) to

Issuer

below)

(Check all applicable)

Director 10% Owner X_ Officer (give title Other (specify

> below) **SVP**

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

Reported

Transaction(s)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

5. Amount of 6. Ownership 7. Nature of Securities Form: Direct Indirect Beneficially (D) or Indirect Beneficial Ownership Owned (I) Following (Instr. 4)

(Instr. 4)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)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)

1. Title of Derivative Conversion Security or Exercise

3. Transaction Date 3A. Deemed (Month/Day/Year)

Execution Date, if any

4. 5. Number of TransactionDerivative Code Securities

6. Date Exercisable and **Expiration Date** (Month/Day/Year)

7. Title and Amount of **Underlying Securities** (Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security	(Month/Day	//Year) (I	nstr. 8	Disposed o (Instr. 3, 4, 5)	f(D)				
			С	ode V	/ (A)	(D)	Date Exercisable	Expiration Date	Title	Amount o Number o Shares
Stock Option (right to buy)	\$ 6.65	11/08/2016		A	200,000		11/08/2019	11/08/2026	common shares	200,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
Toporting o where the control of the	Director	10% Owner	Officer	Other			
Haft Ed							
7301 OHMS LANE			SVP				
EDINA, MN 55439							

Signatures

/s/ Ed Haft 11/10/2016

**Signature of Date
Reporting Person

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.

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