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SunOpta Inc. Form 4											
May 14, 2015	i										
FORM	Δ								PPROVAL		
	UNITED	STATES		RITIES A shington			E COMMISSIO	N OMB Number:	3235-0287		
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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 Secti 30(h) of the Investment Company Act of 1940							Estimated burden hoi response	urs per			
(Print or Type Re	esponses)										
1. Name and Address of Reporting Person <u>*</u> HOUDE LOVAS KATRINA			2. Issuer Name and Ticker or Trading Symbol SunOpta Inc. [STKL]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 9 SCHOLFIELD AVENUE, TORONTO		3. Date of Earliest Transaction (Month/Day/Year) 05/12/2015			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 				
ONTARIO C	CANADA, A6 0	0000					Person	More than One R	eporting		
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivati	ive Securities	Acquired, Disposed	of, or Beneficia	lly Owned		
	2. Transaction Date Month/Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	Dispos (Instr.	red (A) or red of (D) 3, 4 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)		
Reminder: Repo	rt on a separate line	e for each cl	ass of sec	urities bene	-	-	-	ation of (
					info req dis	ormation cor uired to resp	espond to the colle ntained in this forn bond unless the fo ently 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	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

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	8)	Acquired (A) or Disposed (D) (Instr. 3, and 5)	d of					(Inst
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted stock units	<u>(1)</u>	05/12/2015		А		8,929		(2)	(2)	Common shares	8,929	S

Reporting Owners

Reporting Owner Name / Addres	Relationships						
	Director	10% Owner	Officer	Other			
HOUDE LOVAS KATRINA 9 SCHOLFIELD AVENUE TORONTO ONTARIO CANADA, A6 000	X 100						
Signatures							
/s/ Katrina Houde Lovas)5/14/2015						
<u>**</u> Signature of Reporting	Date						

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).
- (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 on May 12 2016. Vested shares will be delivered to the reporting person on or near the vesting 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.