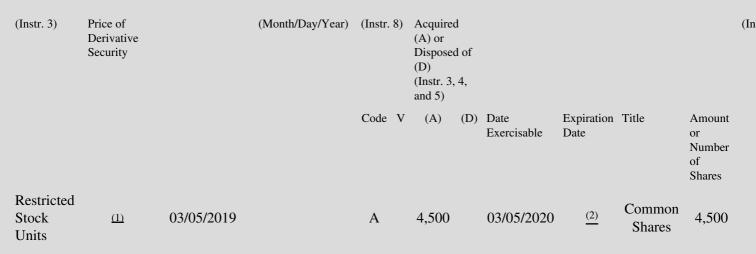
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Miketa George Form 4									
March 07, 2019									
FORM 4 UNITED STATES SECURITI						~~~	~~~~~~~~~		PPROVAL
		STATES		RITIES A shington			COMMISSIO	N OMB Number:	3235-0287
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. <i>See</i> Instruction 1(b).	STATEMENT 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 Section 30(h) of the Investment Company Act of 1940							Estimated a burden hou response	irs per
(Print or Type Respor	nses)								
1. Name and Address of Reporting Person <u>*</u> Miketa George			2. Issuer Name and Ticker or Trading Symbol SunOpta Inc. [STKL]				5. Relationship of Reporting Person(s) to Issuer		
(Last) (First) (1	Middle)	3. Date of Earliest Transaction			(Check all applicable)			
7301 OHMS LANE SUITE 600			(Month/Day/Year) 03/05/2019				Director 10% Owner X Officer (give title Other (specify below) below) Chief Customer Officer		
(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			
EDINA, MN 554	139						Form filed by Person	More than One Ro	eporting
(City) (State)	(Zip)	Tab	le I - Non-	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
	insaction Date th/Day/Year)	2A. Deema Execution any (Month/Da	Date, if	Code (Instr. 8)	4. Securit nAcquired Disposed (Instr. 3, 4 Amount	(A) or of (D) 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: Report on	a separate line	for each cl	ass of sec	urities bene	ficially own	ned directly	or indirectly		
Kenninger. Report on	a separate fille		uss 01 SCC	unites delle	Perso inforn requir	ns who res nation cont ed to resp lys a curre	spond to the colle tained in this forn ond unless the fo ntly 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. I
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	Der
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	Sec

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Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
Miketa George 7301 OHMS LANE SUITE 600 EDINA, MN 55439			Chief Customer Officer			
Signatures						
/s/ Jill Barnett, attorney-in-fact	03/07/2	2019				

<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 do not have an 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.