SunOpta Inc.
Form 3
January 27, 2016

FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0104
Expires:	January 31, 2005
Estimated average burden hours per response...	0.5

INITIAL STATEMENT OF 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

(Print or Type Responses)

1. Name and Address of Reporting Person *
Â THYKEN MICHAEL J

(Last) (First) (Middle)

7301 OHMS LANE, SUITE 600

(Street)

EDINA,Â MNÂ 55439

(City) (State) (Zip)

2. Date of Event Requiring Statement (Month/Day/Year)
01/18/2016

3. Issuer Name **and** Ticker or Trading Symbol
SunOpta Inc. [STKL]

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director
__X__ Officer (give title below)
Chief Information Officer
_____ 10% Owner
_____ Other (specify below)

5. 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 Person

Table I - Non-Derivative Securities Beneficially Owned

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common shares	20,000	D	Â

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

SEC 1473 (7-02)

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 Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

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 Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of			

				Shares		(I) (Instr. 5)	
Stock options	Â (1)	08/07/2023	Common Shares	27,500	$ 8.23	D	Â
Stock options	Â (2)	05/13/2024	Common Shares	6,942	$ 11.3	D	Â
Stock options	Â (3)	05/12/2024	Common Shares	10,188	$ 10.08	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
THYKEN MICHAEL J 7301 OHMS LANE, SUITE 600 EDINA,Â MNÂ 55439	Â	Â	Â Chief Information Officer	Â

Signatures

/s/ Michael Thyken	01/27/2016
**Signature of 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).

(1) These options became or will become exercisable in five equal annual installments on each of August 7, 2014, 2015, 2016, 2017 and 2018. These options qualify as incentive stock options.

(2) These options became or will become exercisable in five annual installments. The first installment of 1,388 options became exercisable on May 13, 2015. The second installment of 1,389 options will become exercisable on May 13, 2016. The third installment of 1,388 options will become exercisable on May 13, 2017. The fourth installment of 1,389 options will become exercisable on May 13, 2018. The fifth installment of 1,388 options will become exercisable on May 13, 2019. These options qualify as incentive stock options.

(3) These options will become exercisable in five annual installments. The first installment of 2,038 options will become exercisable on May 12, 2016. The second installment of 2,037 options will become exercisable on May 12, 2017. The third installment of 2,038 options will become exercisable on May 12, 2018. The fourth installment of 2,037 options will become exercisable on May 12, 2019. The fifth installment of 2,038 options will become exercisable on May 12, 2020. These 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.