



Kettle Valley Opens New Plant at Omak, Washington State

TORONTO--Oct. 15, 2003--Jeremy Kendall, Chairman & CEO of Stake Technology Ltd. (To become "SunOpta Inc." effective October 31, 2003) (Stake) (Nasdaq:STKL) (TSX:SOY) is pleased to announce that its subsidiary, Kettle Valley Dried Fruit, has completed construction of its new plant at Omak, Washington, and has completed its first production run in the facility. This new 30,000 square foot facility is located in the heart of the U.S. apple district and will manufacture natural and organic fruit based nutritional bars.

The plant, which will initially employ approximately 15 people, has an annual capacity of 42 million bars and can be expanded as required.

John Boot, President of Kettle Valley, noted the importance of a U.S. facility in supplying the expanding U.S. markets for Kettle Valley's natural and organic products.

Stake Technology Ltd., soon to be SunOpta Inc., is an owner/operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last five consecutive years, Stake was included in Profit magazine's 'Profit 100' list of the 100 fastest growing companies in Canada. The company has three business units: the Food Group, which specializes in sourcing, processing and distribution of natural and organic food products; integrated from seed through packaged products; the Environmental Industrial Group; a producer, distributor, and recycler of environmentally friendly industrial materials; and the Steam Explosion Technology Group who engineer and market clean pulping systems using patented steam explosion technology. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

Websites: www.staketech.com or www.sunopta.com www.sunrich.com www.bei.ca www.steamexplosion.com
www.sunrichvalley.com www.organickitchen.ca www.wildwestorganicharvest.com www.kettlevalley.net www.opta-food.com

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