



Stake Technology Ltd. Begins Trading as SunOpta Inc. on the Toronto Stock Exchange

TORONTO--Nov. 21, 2003--The name of the Company was legally changed from Stake Technology Ltd. to SunOpta Inc. (Nasdaq:STKL)(TSX:SOY) on October 31, 2003. Trading commenced on Nasdaq under the new name SunOpta Inc. and Cusip #8676EP 10 8 on October 31, 2003. At the open of the market on November 25, 2003 the Toronto Stock Exchange will begin trading common shares under the new name SunOpta Inc. and Cusip #8676EP 10 8.

Trading symbols Nasdaq - STKL and TSX - SOY will remain the same.

Stock Symbol: SOY CUSIP#: 8676EP 10 8

Stock Symbol: STKL CUSIP#: 8676EP 10 8

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, SunOpta 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.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 www.proorganics.com
www.sigcosun.com www.dakotagourmet.com

Note: This news release may contain forward-looking information. Actual future results may differ materially. The risks, uncertainties, and other factors that could influence actual results are described in the Company's annual report to shareholders and in SEC filings.

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