



Stake Technology -- to Become SunOpta Inc. -- Announces Management Promotions

TORONTO--Oct. 9, 2003--Stake Technology Ltd. (To become "SunOpta Inc." effective October 31, 2003) (Nasdaq:STKL) (TSX:SOY). Jeremy Kendall, Chairman and CEO announced today the appointment of Steve Bromley as Executive Vice President and Chief Operating Officer of the Company, effective immediately. Steve has held a number of positions with Stake over the last two and a half years, initially as Chief Financial Officer of the SunRich Food Group and most recently as Executive Vice President and Chief Financial Officer of the Company. Steve brings a broad background in the food industry to his new role having worked in production, sales, business development and most particularly finance. All operational management will now report to Steve.

Mr. Kendall also announced the promotion of John Dietrich as Vice President and Chief Financial Officer of the Company. John is a Chartered Accountant and Chartered Financial Analyst and has been with the Company for the past two years as Vice President and Treasurer. John has an extensive background in the food and packaged goods industry in a number of progressively responsible financial roles. His responsibilities will include financial reporting and control, regulatory compliance, tax, business planning, banking and treasury.

Mr. Kendall also announced the promotion of Sergio Varela to the new position of Vice President, Operations and Business Development, reporting to Steve Bromley. Sergio is a Chartered Accountant and has been with the Company for over a year and a half, and has been a key player in the growth of the Company and the development of improved reporting and business processes. In this new role Sergio will play an integral part in developing improved operating systems and controls within the operating groups and driving a number of initiatives focused on improving return on invested assets and shareholder value.

Mr. Kendall commented that "These appointments reflect the continued growth of our organization and our focus on driving improved operating results in hand with solid financial reporting and control. This is a very exciting time for these individuals and our Company."

Stake Technology Ltd., to become SunOpta Inc. effective October 31, 2003, 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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