



June 13, 2012

SunOpta Inc. Announces Election of Peter Fraser to the Board of Directors

TORONTO, June 13, 2012 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY), a leading global natural and organic foods company, today announced that following the Company's most recent Annual Meeting of Shareholders, Mr. Peter Fraser has been elected to the Board of Directors.

Mr. Fraser brings over twenty-five years of investing and capital markets experience, a strong financial background and a wealth of expertise to the SunOpta Board of Directors. Mr. Fraser is a Partner and Co-Chief Investment Officer of West Face Capital Inc. ("West Face"), a Canada-based investment management firm with over \$2.6 billion of assets under management. One of the funds managed by West Face is the Company's largest shareholder with holdings of approximately 7.6 million shares or 11.5% of shares outstanding.

Mr. Fraser has obtained his twenty-five years of investment experience in Canada, the United States and England. Mr. Fraser has an M.B.A. from Stanford University (1984) and a B.Comm. from the University of Toronto (1980). Mr. Fraser is also a member of the board of Plasco Energy Group, a private waste-to-energy company based in Ottawa, Ontario.

Jeremy Kendall, Chairman of the Board of SunOpta Inc. commented, "We are delighted to have Peter Fraser join our Board, bringing to SunOpta his extensive experience and his reputation for integrity and sound judgment. This appointment is consistent with the Company's ongoing desire to enhance the Board of Directors with qualified, independent candidates that bring a wealth of experience to the Company and the Board of Directors."

About SunOpta Inc.

SunOpta Inc. is a leading global company focused on natural, organic and specialty foods products. The Company specializes in sourcing, processing and packaging of natural and organic food products, integrated from seed through packaged products; with a focus on strategically vertically integrated business models. The Company's core natural and organic food operations focus on value-added grains, fiber and fruit based product offerings, supported by a global infrastructure. The Company has two non-core holdings, a 66.2% ownership position in Opta Minerals Inc., listed on the Toronto Stock Exchange, a producer, distributor, and recycler of environmentally friendly industrial materials; and a minority ownership position in Mascoma Corporation, an innovative biofuels company.

The SunOpta Inc. logo is available at <http://www.globenewswire.com/newsroom/prs/?pkgid=3958>

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