



December 22, 2014

SunOpta Announces Retirement of Vic Hepburn From Board Of Directors

TORONTO, Dec. 22, 2014 (GLOBE NEWSWIRE) -- SunOpta Inc. (Nasdaq:STKL) (TSX:SOY), a leading global company focused on natural and organic foods, today announced that Vic Hepburn will be retiring as a director effective December 31, 2014. Hepburn has been a member of the Board of Directors since September 2008 and was currently serving as both Chair of the Audit Committee and a member of the Compensation Committee.

"On behalf of the Board of Directors and employees of SunOpta, we thank Vic for his significant contributions to our company during his time as a director, and we want to wish he and his wife Marion many happy and healthy years ahead," said Alan Murray, Chair of the Board of Directors at SunOpta.

On October 28, 2014, M. Shan Atkins was appointed to the Board of Directors of SunOpta Inc., bringing more than three decades of broad business experience to SunOpta, including development and execution of strategic plans for major retail organizations, deep expertise in finance and accounting, and extensive experience as a director of other publicly traded corporations in both the United States and Canada. Atkins will serve as Chair of the Audit Committee.

With Atkins' appointment and Hepburn's retirement, effective January 1, 2015, the Board of Directors of SunOpta will be comprised of ten directors, including eight independent 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, fruit and vegetable based product offerings, supported by a global infrastructure. The company also has a 66.0% ownership position in Opta Minerals Inc., listed on the Toronto Stock Exchange, a producer, distributor, and recycler of environmentally friendly industrial materials.

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

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