



SunOpta Inc. Schedules Third Quarter 2005 Financial Results Release and Conference Call

TORONTO--Oct. 20, 2005--SunOpta Inc. (NASDAQ:STKL)(TSX:SOY) announced today that it will issue its financial results for the third quarter ended October 31, 2005 on Wednesday, November 2, 2005, after the close of the stock market. The Company's Chairman and CEO, Jeremy Kendall, will host a conference call at 10:00 AM Eastern Time on Thursday, November 3, 2005, to discuss third quarter financial results and recent corporate developments.

To access the conference call, please call (888) 857-6932 or (719) 457-2604 followed by pass code 4575731#. The call will also be distributed live over CCBN's Investor Distribution Network to both institutional and individual investors. Individual investors may listen to the call via www.companyboardroom.com, and institutional investors may listen via www.streetevents.com. Additionally, the call may be accessed via a link at the Company's website at www.sunopta.com. To listen to the live call over the Internet, please go to one of the websites at least 15 minutes early to register, download and install any necessary audio software. If you are unable to listen live, the conference call will be archived and can be accessed for approximately 90 days at the websites. A replay of the call will be available between November 3 and 12th at (888) 203-1112 or (719) 457-0820 followed by pass code 4575731#.

SunOpta Inc. is an operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last seven 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 SunOpta Food Group, which specializes in sourcing, processing and distribution of natural and organic food products integrated from seed through packaged products; the Opta Minerals Group, a producer, distributor, and recycler of environmentally friendly industrial materials; and the StakeTech Steam Explosion Group which engineers and markets proprietary steam explosion technology systems for the pulp, bio-fuel and food processing industries. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

CONTACT: SunOpta Inc.

Jeremy N. Kendall, Steve Bromley, John Dietrich,

Susan Wiekenkamp, 905-455-2528, ext 103

email: susan.wiekenkamp@sunopta.com

website: www.sunopta.com

or

Investment Community Inquiries:

Lytham Partners, LLC

Joe Diaz, Robert Blum, Joe Dorame, 602-889-9700

email: diaz@lythampartners.com

SOURCE: SunOpta Inc.