



May 7, 2014

SunOpta Scheduled to Attend the BMO Capital Markets Farm to Market Conference on May 21, 2014

TORONTO, May 7, 2014 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY) a leading global company focused on natural and organic foods, announced today that Robert McKeracher, Vice President and Chief Financial Officer, is scheduled to present at the BMO Capital Markets Farm to Market Conference in New York, NY on Wednesday, May 21, 2014 and will present at 2:30 pm ET.

The presentation will be available to interested parties via a live audio webcast. The webcast will be available via the "Investors" tab on the Company's website at www.sunopta.com. A replay of the webcast will be archived online for 30 days.

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 66.0% 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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