



February 4, 2013

SunOpta Inc. Schedules Fourth Quarter and Year End 2012 Financial Results Release and Conference Call

TORONTO, Feb. 4, 2013 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY) announced today that it will issue its financial results for the fourth quarter and year ended December 29, 2012 on March 5, 2013, after the close of the stock markets.

The Company plans to host a conference call at 10:00 AM Eastern Time on Wednesday, March 6, 2013 to discuss the fourth quarter and year end financial results and recent corporate developments. After opening remarks, there will be a question and answer period. **This conference call can 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 the Company's website at least 15 minutes early to register, download and install any necessary audio software. Additionally, the call may be accessed with the toll free dial-in number 1 (877) 312-9198 or International dial-in number (631) 291-4622. If you are unable to listen live, the conference call will be archived and can be accessed for approximately 90 days at the Company's website.

About SunOpta Inc.

[SunOpta](http://www.sunopta.com) 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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