



SunOpta Inc. Schedules 2009 Third Quarter Financial Results Release and Conference Call

TORONTO, Oct 19, 2009 (GlobeNewswire via COMTEX News Network) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY) announced today that it will issue its financial results for the third quarter ended September 30, 2009 on November 5, 2009, after the close of the stock markets.

The Company plans to host a conference call at 10:00 AM Eastern Time on Friday, November 6, 2009, to discuss the third quarter 2009 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 (866) 439 - 4712 or (212) 457 - 9845 followed by pass code: 391845#. 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. A replay number can also be accessed between November 6th and 16th with the toll free dial-in number 1 (866) 439 - 4729 or (212) 457 - 9846 followed by pass code: 382427#.

About SunOpta Inc.

SunOpta Inc. is an operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic foods and natural health products markets. 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; Opta Minerals Inc. (TSX:OPM) (66.5% owned by SunOpta), a producer, distributor, and recycler of environmentally friendly industrial minerals; and SunOpta BioProcess Inc. which engineers and markets proprietary steam explosion technology systems for the bio-fuel, pulp and food processing industries. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

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

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