



Stake Technology Announces Debra Boyle's Selection as Canadian Woman Entrepreneur of the Year

TORONTO--Oct. 28, 2003--Stake Technology Ltd. (To become "SunOpta Inc." effective October 31, 2003) (Nasdaq:STKL) (TSX:SOY) announced today that Debra Boyle, President and CEO of Pro Organics, a company recently acquired by Stake Technology Ltd., has been chosen as the 2003 Rotman Canadian Woman Entrepreneur of the Year in the category Impact on The Local Economy.

Debra began her distribution business by purchasing organic produce from local farmers and selling them to natural food retailers. Through the years, Pro Organics prospered, achieving double-digit sales growth year after year. In 1996, Debra realized her dream of becoming Canada's first national organic food distributor with the opening of a second warehouse in Toronto. In 2000, Pro Organics established a third distribution facility near Montreal. Under Debra's leadership, Pro Organics became recognized as the organic foods market leader in Canada. Debra and her staff of 120 have helped move organic foods into the "mainstream", creating opportunities for organic farmers and generating new business for Canadian food retailers, food service and home delivery companies.

Jeremy Kendall, Chairman and CEO of Stake, commented that, "All of us at Stake acknowledge Debra as a leader and innovator in the organic foods market and are proud to be associated with her and Pro Organics."

Stake Technology Ltd., to become SunOpta Inc. effective October 31, 2003, is an owner/operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last five consecutive years, Stake was included in Profit magazine's 'Profit 100' list of the 100 fastest growing companies in Canada. The company has three business units: the Food Group, which specializes in sourcing, processing and distribution of natural and organic food products; integrated from seed through packaged products; the Environmental Industrial Group; a producer, distributor, and recycler of environmentally friendly industrial materials; and the Steam Explosion Technology Group who engineer and market clean pulping systems using patented steam explosion technology. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

Websites: www.staketech.com or www.sunopta.com www.sunrich.com www.bei.ca www.steamexplosion.com
www.sunrichvalley.com www.organickitchen.ca www.wildwestorganicharvest.com www.kettlevalley.net www.opta-food.com
www.proorganics.com

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SOURCE: Stake Technology Ltd.