



SunOpta Completes Consolidation of Canadian Distribution Operations Into New Distribution Center

TORONTO--Oct. 11, 2005--SunOpta Inc. (Nasdaq:STKL)(TSX:SOY) today announced that it has completed the transfer of its three organic and specialty food distributors into its 135,000 square foot state-of-the-art distribution center in Toronto.

As a result of this amalgamation, SunOpta anticipates annualized cost savings of \$2.0 million (USD) all of which will be achieved by year end. In addition, since SunOpta can now offer national distribution in Canada, the Company has been successful in adding a number of new product lines, many on an exclusive basis, which can be expected to add \$7.0 million (USD) of annual revenue by year end. The Company expects that these programs will have a beneficial impact on the financial results of the Company beginning in the upcoming fourth quarter.

Jeremy N. Kendall, Chairman and Chief Executive Officer of SunOpta, said, "We are pleased to complete this strategic consolidation of operations. This consolidation will yield significant cost savings and it will provide us the ability to increase the number of product lines distributed in the Canadian market, which we anticipate will accelerate top-line growth and provide a good deal of operational leverage. We are dedicated to improving operational efficiency throughout all of our business segments with the goal of driving improved bottom-line results in the most responsible manner possible."

About SunOpta Inc.

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.

Forward-Looking Statements

Certain statements included in this press release may constitute "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995. These forward-looking statements include, but are not limited to references to business strategies, competitive strengths, goals, capital expenditure plans, business and operational growth plans and references to the future growth of the business. These forward looking statements are based on certain assumptions and analyses made by the Company in light of its experience and its interpretation of current conditions, historical trends and expected future developments as well as other factors that the Company believes are appropriate in the circumstance. However, whether actual results and developments will agree with expectations and predications of the Company is subject to many risks and uncertainties including, but not limited to; general economic, business or market risk conditions; competitive actions by other companies; changes in laws or regulations or policies of local governments, provinces and states as well as the governments of United States and Canada, many of which are beyond the control of the Company. Consequently all forward-looking statements made herein are qualified by these cautionary statements and there can be no assurance that the actual results or developments anticipated by the Company will be realized.

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