



SunOpta Inc. Schedules Third Quarter 2010 Financial Results Release and Conference Call

TORONTO, Oct. 19, 2010 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY) announced today that it will issue its financial results for the third quarter ended October 2, 2010 on November 10, 2010, after the close of the stock markets.

The Company plans to host a conference call at 10:00 AM Eastern Time on Thursday, November 11, 2010, to discuss the third quarter 2010 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 (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. A replay number can also be accessed between November 11th and 18th with the toll free dial-in number 1 (800) 642 - 1687 or (706) 645 - 9291 followed by pass code: 16944666#.

About SunOpta Inc.

[SunOpta Inc.](http://www.sunopta.com) is a leading global company focused on natural, organic and specialty foods and natural health 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 significant 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 66.4% ownership position in Opta Minerals Inc. (TSX:OPM), a producer, distributor, and recycler of environmentally friendly industrial materials; and an 18% 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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