



January 6, 2014

SunOpta Scheduled to Attend 16th Annual ICR XChange on January 14, 2014

TORONTO, Jan. 6, 2014 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or the "Company") (Nasdaq:STKL) (TSX:SOY), a leading global company focused on natural, organic and specialty foods, announced today that Steve Bromley, Chief Executive Officer, and Robert McKeracher, Vice President and Chief Financial Officer, are scheduled to present at the 16th Annual ICR XChange Conference in Orlando, FL on Tuesday, January 14, 2014 at 1:30 pm ET.

The presentation will be available to interested parties via a live audio webcast. The webcast can be found via the "Investors" tab on the Company's website at www.sunopta.com. A replay of the webcast will be archived online for 30 days.

About SunOpta Inc.

SunOpta 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 66.1% 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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