



SunOpta Inc. Schedules Third Quarter 2019 Financial Results Release and Conference Call

October 23, 2019

TORONTO--(BUSINESS WIRE)--Oct. 23, 2019-- SunOpta Inc. ("SunOpta") (Nasdaq:STKL) (TSX:SOY) announced today that it will issue financial results for the third quarter 2019 before the markets open on Wednesday, November 6, 2019.

Following the release, SunOpta will host a conference call at 9:00 AM Eastern Time to discuss its 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 on SunOpta's website at www.sunopta.com under the "Investors" section. To listen to the live call over the Internet, please go to SunOpta'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 International dial-in number 1 (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.

About SunOpta Inc.

SunOpta Inc. is a leading global company focused on organic, non-genetically modified ("non-GMO") and specialty foods. The Company specializes in the sourcing, processing and packaging of organic and non-GMO food products, integrated from seed through packaged products, with a focus on strategic vertically integrated business models. The Company's organic and non-GMO food operations revolve around value-added grain, seed, fruit and vegetable-based product offerings, supported by a global sourcing and supply infrastructure.

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Source: SunOpta Inc.

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