SunOpta Inc. Form SC 13D/A October 12, 2016

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

SCHEDULE 13D (Rule 13d-101)

INFORMATION TO BE INCLUDED IN STATEMENTS FILED PURSUANT TO § 240.13d-1(a) AND AMENDMENTS THERETO FILED PURSUANT TO § 240.13d-2(a)

(Amendment No. 1)1

SunOpta Inc.

(Name of Issuer)

Common Shares, no par value per share (Title of Class of Securities)

8676EP108 (CUSIP Number)

GLENN W. WELLING ENGAGED CAPITAL, LLC 610 Newport Center Drive, Suite 250 Newport Beach, California 92660 (949) 734-7900

STEVE WOLOSKY
OLSHAN FROME WOLOSKY LLP
1325 Avenue of the Americas
New York, New York 10019
(212) 451-2300

(Name, Address and Telephone Number of Person

Authorized to Receive Notices and Communications)

October 7, 2016 (Date of Event Which Requires Filing of This Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box ".

Note: Schedules filed in paper format shall include a signed original and five copies of the schedule, including all exhibits. See § 240.13d-7 for other parties to whom copies are to be sent.

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1 The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

NAME OF REPORTING PERSON

CUSIP NO. 8676EP108

2	Engaged Capital Flagship Maste CHECK THE APPROPRIATE GROUP SEC USE ONLY	(a) o (b) o			
4	SOURCE OF FUNDS				
5	WC CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS '' IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF	ORGANIZATION			
NUMBER OF SHARES	CAYMAN ISLANDS 7	SOLE VOTING POWER			
BENEFICIALLY OWNED BY EACH	8	2,896,833 SHARED VOTING POWER			
REPORTING PERSON WITH	9	- 0 - SOLE DISPOSITIVE POWER			
	10	2,896,833 SHARED DISPOSITIVE POWE	R		
11	AGGREGATE AMOUNT BEN	- 0 - IEFICIALLY OWNED BY EACH	REPORTING PERSON		
12	2,896,833 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	3.4% TYPE OF REPORTING PERSON				
	PN				
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1	NAME OF REPORTING PERSON				
2	Engaged Capital Co-Invest IV, LP CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
4	COLIDGE OF I	ELINIDO			
4	SOURCE OF F	UNDS			
5	WC CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF ORGANIZATION				
NUMBER OF SHARES	DELAWARE	7	SOLE VOTING POWER		
BENEFICIALLY OWNED BY EACH		8	3,191,639 SHARED VOTING POWER		
REPORTING PERSON WITH		9	- 0 - SOLE DISPOSITIVE POWER		
		10	3,191,639 SHARED DISPOSITIVE POWE	R	
			- 0 -		
11	AGGREGATE	AMOUNT BEN	EFICIALLY OWNED BY EACH	REPORTING PERSON	
12	3,191,639 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	3.7% TYPE OF REPORTING PERSON				
	PN				
3					

1	NAME OF REPORTING PERSON				
2	Engaged Capital Flagship Fund, LP CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
4	SOURCE OF I	FUNDS			
5	OO CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF ORGANIZATION				
NUMBER OF	DELAWARE	7	SOLE VOTING POWER		
SHARES BENEFICIALLY OWNED BY EACH		8	2,896,833 SHARED VOTING POWER		
REPORTING PERSON WITH		9	- 0 - SOLE DISPOSITIVE POWER		
		10	2,896,833 SHARED DISPOSITIVE POWE	R	
11	ACCDECATE	AMOUNT DEN	- 0 - EFICIALLY OWNED BY EACH	DEDODTING DEDSON	
11	AUUKEUATE	AMOUNT BEN	EFICIALLI OWNED DI EACH	REPORTING PERSON	
12	2,896,833 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	3.4% TYPE OF REPORTING PERSON				
	PN				
4					

NAME OF REPORTING PERSON

CUSIP NO. 8676EP108

1	NAME OF REFORTING LEASON				
2	Engaged Capital Flagship Fund, Ltd. CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
3	SEC COL CIVET				
4	SOURCE OF FUNDS				
5	OO CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF	FORGANIZATION			
NUMBER OF	CAYMAN ISLANDS 7	SOLE VOTING POWER			
SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	8	2,896,833 SHARED VOTING POWER			
	9	- 0 - SOLE DISPOSITIVE POWER			
	10	2,896,833 SHARED DISPOSITIVE POWE	ER		
11	AGGREGATE AMOUNT BEI	- 0 - NEFICIALLY OWNED BY EACH	I REPORTING PERSON		
12	2,896,833 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	3.4% TYPE OF REPORTING PERSON				
	CO				
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1	NAME OF REPORTING PERSON				
2	Engaged Capital, LLC CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
3	SEC USE ONL	. I			
4	SOURCE OF F	FUNDS			
5	OO CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF ORGANIZATION				
NUMBER OF SHARES	DELAWARE	7	SOLE VOTING POWER		
BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	•	8	6,426,435 SHARED VOTING POWER		
		9	- 0 - SOLE DISPOSITIVE POWER		
		10	6,426,435 SHARED DISPOSITIVE POWE	R	
11	AGGREGATE	AMOUNT BEN	- 0 - EFICIALLY OWNED BY EACH	REPORTING PERSON	
12	6,426,435 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	7.5% TYPE OF REPORTING PERSON				
	OO				

1	NAME OF REPORTING PERSON				
2 3	Engaged Capital Holdings, LLC CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
4	SOURCE OF F	FUNDS			
5	OO CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP	OR PLACE OF O	ORGANIZATION		
NUMBER OF SHARES	DELAWARE	7	SOLE VOTING POWER		
BENEFICIALLY OWNED BY EACH		8	6,426,435 SHARED VOTING POWER		
REPORTING PERSON WITH		9	- 0 - SOLE DISPOSITIVE POWER		
		10	6,426,435 SHARED DISPOSITIVE POWE	R	
44			- 0 -		
11	AGGREGATE	AMOUNT BEN	EFICIALLY OWNED BY EACH	REPORTING PERSON	
12	6,426,435 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	7.5% TYPE OF REPORTING PERSON				
	OO				
7					

1	NAME OF REPORTING PERSON				
2	Glenn W. Welling CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (b) o SEC USE ONLY				
4	SOURCE OF 1	FUNDS			
7		TONDS			
5	OO CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS " IS REQUIRED PURSUANT TO ITEM 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE OF ORGANIZATION				
NUMBER OF SHARES	USA	7	SOLE VOTING POWER		
BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH		8	6,426,435 SHARED VOTING POWER		
		9	- 0 - SOLE DISPOSITIVE POWER		
		10	6,426,435 SHARED DISPOSITIVE POWE	R	
11	AGGREGATE	E AMOUNT BEN	- 0 - EFICIALLY OWNED BY EACH	REPORTING PERSON	
12	6,426,435 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) o EXCLUDES CERTAIN SHARES				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)				
14	7.5% TYPE OF REPORTING PERSON				
	IN				
O					

CUSIP NO. 8676EP108

The following constitutes Amendment No. 1 to the Schedule 13D filed by the undersigned ("Amendment No. 1"). This Amendment No. 1 amends the Schedule 13D as specifically set forth herein.

Purpose of Transaction.

Item 4.

Item 4 is hereby amended to add the following:

On October 7, 2016, Brendan Springstubb, Senior Analyst of Engaged Capital, was appointed to the Issuer's Board of Directors (the "Board") to fill a vacancy on the Board following an incumbent director's resignation.

CUSIP NO. 8676EP108

SIGNATURES

After reasonable inquiry and to the best of his knowledge and belief, the undersigned certifies that the information set forth in this statement is true, complete and correct.

Dated: October 12, 2016

Engaged Capital Flagship Master Fund, LP

By: Engaged Capital, LLC

General Partner

By: /s/ Glenn W. Welling

Name: Glenn W. Welling

Title: Founder and Chief Investment

Officer

Engaged Capital Co-Invest IV, LP

By: Engaged Capital, LLC

General Partner

By: /s/ Glenn W. Welling

Name: Glenn W. Welling

Title: Founder and Chief Investment

Officer

Engaged Capital Flagship Fund, LP

By: Engaged Capital, LLC

General Partner

By: /s/ Glenn W. Welling

Name: Glenn W. Welling

Title: Founder and Chief Investment

Officer

Engaged Capital Flagship Fund, Ltd.

By: /s/ Glenn W. Welling

Name: Glenn W. Welling

Title: Director

CUSIP NO. 8676EP108

Engaged Capital, LLC

By: /s/ Glenn W. Welling

Name: Glenn W. Welling

Title: Founder and Chief Investment

Officer

Engaged Capital Holdings, LLC

By: /s/ Glenn W. Welling

Name: Glenn W. Welling Title: Sole Member

/s/ Glenn W. Welling Glenn W. Welling