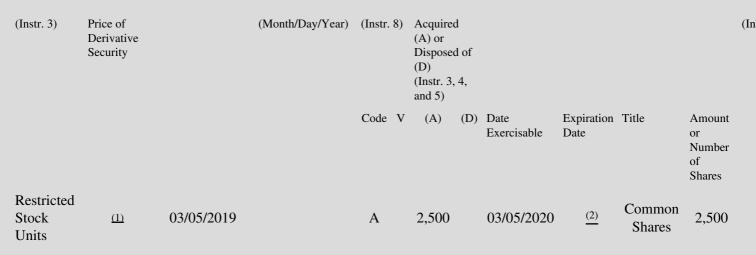
### Edgar Filing: Gough Jeffrey - Form 4

Gough Jeffre Form 4	ey								
March 07, 2	019								
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION							OMB APPROVAL		
	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					OMB Number:	3235-0287		
Check th if no lon subject t Section 7 Form 4 of Form 5 obligation may con <i>See</i> Instr 1(b).	s box er STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 10(b) of the Investment Company Act of 1040						January 31, 2005 average urs per . 0.5		
(Print or Type	Responses)								
1. Name and Address of Reporting Person <u>*</u> Gough Jeffrey			2. Issuer Name <b>and</b> Ticker or 7 7mbol unOpta Inc. [STKL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last)	(First) (I	Middle) 3.	Date of Earliest Transaction		(Che	ck all applicabl	c)		
7301 OHMS LANE, SUITE 600			(Month/Day/Year) 03/05/2019		Director 10% Owner X Officer (give title Other (specify below) below) Chief Human Resources Officer				
(Street)			If Amendment, Date Original led(Month/Day/Year)	<ul><li>6. Individual or Joint/Group Filing(Check</li><li>Applicable Line)</li><li>_X_ Form filed by One Reporting Person</li></ul>					
EDINA, M					Form filed by I Person	More than One R	eporting		
(City)	(State)	(Zip)	Table I - Non-Derivative S	Securities A	cquired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Da any	Code Disposed of Year) (Instr. 8) (Instr. 3, 4)	(A) or of (D) and 5)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Reminder Par	ort on a senarate line	for each class	of securities beneficially own	ed directly o	r indirectly				
Kenninder: Kej	or on a separate line		inform require	ns who res ation conta ed to respo ys a curren	pond to the collec ained in this form and unless the for atly valid OMB con	are not m	SEC 1474 (9-02)		

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of	8. I
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities	Der
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	Sec

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# **Reporting Owners**

Reporting Owner Name / Address	Relationships					
1	Director	10% Owner	Officer	Other		
Gough Jeffrey 7301 OHMS LANE SUITE 600 EDINA, MN 55439			Chief Human Resources Officer			
Signatures						
/s/ Jill Barnett, attorney-in-fact	03/0	7/2019				

\*\*Signature of Reporting Person

Date

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Each Restricted Stock Unit represents a contingent right to receive one share of STKL common stock.
- (2) The Restricted Stock Units do not have an expiration date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.