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Exhibit No. -----	Description -----
2.1	Agreement and Plan of Merger dated as of October 25, 2002 among Opta Food Ingredients Inc., Stake Technology Ltd. and Stake Acquisition Corp.
2.2	Stockholders' Agreement dated as of October 25, 2002 between Stake Technology Ltd, Stake Acquisition Corp. and certain stockholders of Opta Food Ingredients, Inc.
99.1	Press Release of Stake Technology Ltd. dated October 28, 2002.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

November 6, 2002

STAKE TECHNOLOGY LTD.

By: "Steven Bromley"

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Steven R. Bromley  
Vice President - Finance  
Chief Financial Officer

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