

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>PAINTER JONATHAN W</u> (Last) (First) (Middle) KADANT INC. ONE TECHNOLOGY PARK DRIVE (Street) WESTFORD MA 01886 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>KADANT INC [KAI]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>PRESIDENT AND CEO</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>03/10/2014</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								3	I	By Son
Common Stock	03/10/2014		M		13,200	A	(1)	74,075	D	
Common Stock	03/10/2014		F		4,589	D	\$40.07	69,486	D	
Common Stock	03/10/2014		M		13,295	A	(2)	82,781	D	
Common Stock	03/10/2014		F		6,269	D	\$40.07	76,512	D	
Common Stock	03/10/2014		M		12,369	A	(3)	88,881	D	
Common Stock	03/10/2014		F		5,832	D	\$40.07	83,049	D	

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Unit	\$0.	03/10/2014		M			13,200	(1)	03/10/2014	Common Stock	13,200 ⁽¹⁾	\$0.	0.	D	
Restricted Stock Unit	\$0.	03/10/2014		M			13,295	(2)	03/10/2015	Common Stock	13,295 ⁽²⁾	\$0.	13,295	D	
Restricted Stock Unit	\$0.	03/10/2014		M			12,369	(3)	03/10/2016	Common Stock	12,365 ⁽³⁾	\$0.	24,738	D	

Explanation of Responses:

- The shares represent the partial settlement under a RSU award granted 3/9/2011. One-third of the RSU vested on 3/10/2014 and was converted to common stock on a one-for-one basis on the vesting date.
- The shares represent the partial settlement under a RSU award granted 3/7/2012. One-third of the RSU vested on 3/10/2014 and was converted to common stock on a one-for-one basis on the vesting date.
- The shares represent the partial settlement under a RSU award granted 3/6/2013. One-third of the RSU vested on 3/10/2014 and was converted to vested common stock on a one-for-one basis on the vesting date.

Remarks:

by Sandra L. Lambert for Jonathan W. Painter 03/11/2014
 ** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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