

<b>OMB APPROVAL</b>	
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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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>LAMBERT SANDRA L</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)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>VP, GENERAL COUNSEL, SECRETARY</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	03/10/2014		M <sup>(1)</sup>		515	A	\$21.91	20,663	D	
Common Stock	03/10/2014		S <sup>(1)</sup>		515	D	\$40	20,148	D	
Common Stock	03/10/2014		M <sup>(1)</sup>		1,396	A	\$24.9	21,544	D	
Common Stock	03/10/2014		S <sup>(1)</sup>		1,396	D	\$39,364 <sup>(2)</sup>	20,148	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						Amount or Number of Shares
Stock Option (Right to Buy)	\$24.9	03/10/2014		M			1,396	03/09/2012	03/09/2021	Common Stock	1,396	\$0	0	D	
Stock Option (Right to Buy)	\$21.91	03/10/2014		M			515	03/07/2013	03/07/2022	Common Stock	515	\$0	3,729	D	

**Explanation of Responses:**

- The transactions reported on this Form 4 were executed pursuant to a Rule 10-b-5-1 trading plan adopted December 23, 2013.
- Represents the weighted average sale price. The actual sales prices range from \$39.057 to \$39.54 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.

**Remarks:**

Sandra L. Lambert                      03/12/2014  
 \*\* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.