

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL

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hours per response: 0.5Filed 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>Powell Jeffrey L</u> (Last) (First) (Middle) <u>KADANT INC.</u> <u>ONE TECHNOLOGY PARK DRIVE</u> (Street) <u>WESTFORD MA 01886</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>09/01/2009</u>	3. Issuer Name and Ticker or Trading Symbol <u>KADANT INC [KAI]</u>	
		4. 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>Senior Vice President</u>	5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
<u>Common Stock</u>	<u>0</u>	<u>D</u>	

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
<u>Restricted Stock Unit</u>	<u>(1)</u>	<u>12/31/2011</u>	<u>Common Stock</u>	<u>6,500⁽¹⁾</u>	<u>0</u>	<u>D</u>	
<u>Restricted Stock Unit</u>	<u>(2)</u>	<u>01/01/2011</u>	<u>Common Stock</u>	<u>3,570⁽²⁾</u>	<u>0</u>	<u>D</u>	

Explanation of Responses:

- Each Restricted Stock Unit ("RSU") represents the right to receive one share of the Issuer's common stock. The RSUs vest on 12/31/2011, provided that the Issuer meets certain performance requirements and the reporting person remains employed by the Issuer through the vesting date. The maximum number of shares the reporting person may receive is 150% of the RSU amount.
- Each Restricted Stock Unit ("RSU") represents the right to receive one share of the Issuer's common stock. The RSUs vest on 1/1/2011, provided that the reporting person remains employed by the Issuer through the vesting date.

Remarks:

Sandra L. Lambert for Jeffrey L. Powell 09/09/2009

** 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 5 (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.