

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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

OMB APPROVAL	
OMB Number:	3235-0104
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1. Name and Address of Reporting Person* <u>Mitchell Dara F</u>  (Last) (First) (Middle) KADANT INC. ONE TECHNOLOGY PARK DRIVE  (Street) WESTFORD MA 01886  (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 05/20/2021	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) Senior VP, Corp. Development	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 <input type="checkbox"/> 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)
Common Stock	3,236	D	

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				
Restricted Stock Unit	(1)	04/30/2022	Common Stock 151	0.0	D	
Restricted Stock Unit	(2)	04/30/2022	Common Stock 597	0.0	D	
Restricted Stock Unit	(3)	04/30/2023	Common Stock 293	0.0	D	
Restricted Stock Unit	(4)	04/30/2023	Common Stock 1,112	0.0	D	
Restricted Stock Unit	(5)	04/30/2024	Common Stock 278	0.0	D	
Restricted Stock Unit	(6)	04/30/2024	Common Stock 1,113	0.0	D	

Explanation of Responses:

- Each Restricted Stock Unit ("RSU") represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable on March 10, 2022, provided the reporting person is employed by the Issuer on the vesting date.
- Each RSU represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable on March 10, 2022, provided the reporting person is employed by the Issuer on the vesting date.
- Each RSU represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable in two equal installments beginning on March 10, 2022, provided the reporting person is employed by the Issuer on the vesting date.
- Each RSU represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable in two equal installments beginning on March 10, 2022, provided the reporting person is employed by the Issuer on the vesting date.
- Each RSU represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable in three equal installments beginning on March 10, 2022, provided the reporting person is employed by the Issuer on the vesting date.
- Each RSU represents the right to receive one share of the Issuer's common stock. The RSU vests and is distributable in three equal installments beginning on March 10, 2022, provided that the Issuer meets certain performance requirements for fiscal 2021 and the reporting person is employed by the Issuer on the vesting date. The maximum number of shares the reporting person may receive is 150% of the RSU amount.

Remarks:

Exhibit 24 - Power of Attorney

/s/ Stacy D. Krause, by power of attorney, 05/26/2021

\*\* 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.

EXHIBIT 24  
LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

Know all by these presents, that the undersigned hereby makes, constitutes and appoints each of Stacy D. Krause, Michael J. McKenney, R  
(1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Kadant Inc. (the "C  
(2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to prepare, complete an  
(3) seek or obtain, as the undersigned's representative and on the undersigned's behalf, information regarding transactions in the C  
(4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, ma  
The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing what  
This Power of Attorney replaces any previously provided Power of Attorney by the undersigned effective as of the date hereof and shall  
IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 18th day of May, 2021.

Signature  
/s/ Dara F. Mitchell  
Print Name