

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

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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>07/01/2018</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	07/01/2018		M		1,168	A	(1)	16,963	D	
Common Stock	07/01/2018		F		520	D	\$96.15	16,443	D	
Common Stock	07/01/2018		M		299	A	(2)	16,742	D	
Common Stock	07/01/2018		F		133	D	\$96.15	16,609	D	
Common Stock	07/01/2018		M		2,388	A	(3)	18,997	D	
Common Stock	07/01/2018		F		1,062	D	\$96.15	17,935	D	
Common Stock	07/01/2018		M		398	A	(4)	18,333	D	
Common Stock	07/01/2018		F		177	D	\$96.15	18,156	D	
Common Stock	07/01/2018		M		943	A	(5)	19,099	D	
Common Stock	07/01/2018		F		420	D	\$96.15	18,679	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		Date Exercisable	Expiration Date						Title
Restricted Stock Unit	\$0.0	07/01/2018		M		1,168	(1)	(1)	Common Stock	1,168	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		M		299	(2)	(2)	Common Stock	299	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		M		2,388	(3)	(3)	Common Stock	2,388	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		M		398	(4)	(4)	Common Stock	398	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		M		943	(5)	(5)	Common Stock	943	\$0	0	D	

**Explanation of Responses:**

1. The shares represent the settlement under a performance-based Restricted Stock Unit ("RSU") award granted March 8, 2016. Pursuant to the terms of an executive transition agreement between the reporting person and the Issuer dated September 20, 2017 ("Transition Agreement"), the vesting of the reporting person's outstanding RSUs was accelerated, such that the RSUs vested and became distributable in full on July 1, 2018, the termination date of the reporting person. The shares of common stock underlying such RSUs were converted to common stock on a one-for-one basis on the vesting date.
2. The shares represent the settlement under a time-based RSU award granted March 8, 2016. Pursuant to the terms of the Transition Agreement, the vesting of the reporting person's outstanding RSUs was accelerated, such that the RSUs vested and became distributable in full on July 1, 2018, the termination date of the reporting person. The shares of common stock underlying such RSUs were converted to common stock on a one-for-one basis on the vesting date.
3. The shares represent the settlement under a performance-based RSU award granted March 8, 2017. Pursuant to the terms of the Transition Agreement, the vesting of the reporting person's outstanding RSUs was accelerated, such that the RSUs vested and became distributable in full on July 1, 2018, the termination date of the reporting person. The shares of common stock underlying such RSUs were converted to common stock on a one-for-one basis on the vesting date.
4. The shares represent the settlement under a time-based RSU award granted March 8, 2017. Pursuant to the terms of the Transition Agreement, the vesting of the reporting person's outstanding RSUs was accelerated, such that the RSUs vested and became distributable in full on July 1, 2018, the termination date of the reporting person. The shares of common stock underlying such RSUs were converted to common stock on a one-for-one basis on the vesting date.
5. The shares represent the settlement under a time-based RSU award granted March 7, 2018. Pursuant to the terms of the Transition Agreement, the vesting of the reporting person's outstanding RSUs was accelerated, such that the RSUs vested and became distributable in full on July 1, 2018, the termination date of the reporting person. The shares of common stock underlying such RSUs were converted to common stock on a one-for-one basis on the vesting date.

**Remarks:**

Exhibit 24 - Power of Attorney

/s/ Stacy D. Krause, by power 07/03/2018  
of attorney

\*\* 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.**

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, and Amy B. Jodice, signing singly and each acting individually, as the undersigned's true and lawful attorneys-in-fact, to

- (1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of Kadant Inc. (the "Company"), Forms 3, 4, and 5 (including any amendments thereto) in accordance with Section 16 of the Securities Exchange Act of 1934;
- (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to prepare, complete and execute any such Form 3, 4, or 5, prepare, complete and execute any amendment or amendments to any such Form 3, 4, or 5;
- (3) seek or obtain, as the undersigned's representative and on the undersigned's behalf, information regarding transactions in the Company's securities from any third party, including brokers, employee benefit plan administrators, and other persons;
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney in fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being the intent of the undersigned that the undersigned hereby grants to each such attorney in fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted.

This Power of Attorney replaces any previously provided Power of Attorney by the undersigned effective as of the date hereof and shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 29th day of June 2018.

/s/Sandra L. Lambert  
Sandra L. Lambert  
Print Name