	SEC Form 4	
	FORM 4	UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549
(Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
	Instruction 1(b).	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

ECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

OMB Number:	3235-0287					
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					or	Sectio	n 30(h)) of the	Investm	ent C	ompany Ac	t of 1940									
						2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
						(,									C Directo	or		10% Ov	/ner		
(Last) (First) (Middle)						3. Date of Earliest Transaction (Month/Day/Year) 05/18/2022									Officer (give title Other (specify below) below)				pecify		
KADANT INC.																					
ONE TECHNOLOGY PARK DRIVE						4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)						
(Street)														X Form filed by One Reporting Person							
WESTFORD MA 01886															Form filed by More than One Reporting						
(City)	(S	tate) ((Zip)												1 0100						
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3) 2. Transau Date (Month/Date)					Execution			Cod	Transaction Dispose Code (Instr. 5)		rities Acquired (A) ed Of (D) (Instr. 3, 4			Benefici Owned I	es Fo ially (D) Following (I)		: Direct r Indirect Istr. 4)	7. Nature of Indirect Beneficial Ownership			
									Cod	e v	Amount	ount (A) or Pr			Transac	Reported Transaction(s) (Instr. 3 and 4)			Instr. 4)		
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																				
Derivative Conversion Date Execution Date, Security or Exercise (Month/Day/Year) if any				ransaction of code (Instr. Derivat			Expirati	ate Exercisable and iration Date nth/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		urity	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 Exercisa	ble	Expiration Date	Title	or	ount nber ires							
Restricted Stock Unit	\$0.0	05/18/2022			A		941		(1)		01/31/2023	Common Stock	9	41	\$0	941		D			

Explanation of Responses:

1. Each Restricted Stock Unit ("RSU") represents the right to receive one share of the Issuer's common stock. 50% of the RSU vests on June 1, 2022 and the remainder vests in two equal installments on the last day of each of the Issuer's third and fourth quarters of fiscal 2022 provided the recipient continues to serve as a director of the Issuer.

Remarks:

<u>/s/ Stacy D. Krause, by power</u>	
<u>of attorney</u>	1

05/20/2022

** 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.