

**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

| OMB APPROVAL                                 |           |
|--|-----------|
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|   |  |  |
|---|--|--|
| 1. Name and Address of Reporting Person*<br><b>SELWOOD DEBORAH</b><br><br>(Last) (First) (Middle)<br><b>1 TECHNOLOGY PARK DRIVE</b><br><br>(Street)<br><b>WESTFORD MA 01886</b><br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><b>KADANT INC [ KAI ]</b> | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br><br>Director 10% Owner<br>Officer (give title below) Other (specify below)<br><b>VICE PRESIDENT &amp; CAO</b>                            |
|   | 3. Date of Earliest Transaction (Month/Day/Year)<br><b>03/10/2019</b>    |  |
|   | 4. If Amendment, Date of Original Filed (Month/Day/Year)                 | 6. Individual or Joint/Group Filing (Check Applicable Line)<br><br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br><br><input type="checkbox"/> Form filed by More than One Reporting Person |

**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                    | 03/10/2019                           |  | M                              |   | 433   | A          | (1)     | 13,135  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 128   | D          | \$85.97 | 13,007  | D  |   |
| Common Stock                    | 03/10/2019                           |  | M                              |   | 111   | A          | (2)     | 13,118  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 33  | D          | \$85.97 | 13,085  | D  |   |
| Common Stock                    | 03/10/2019                           |  | M                              |   | 477   | A          | (3)     | 13,562  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 141   | D          | \$85.97 | 13,421  | D  |   |
| Common Stock                    | 03/10/2019                           |  | M                              |   | 80  | A          | (4)     | 13,501  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 24  | D          | \$85.97 | 13,477  | D  |   |
| Common Stock                    | 03/10/2019                           |  | M                              |   | 334   | A          | (5)     | 13,811  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 99  | D          | \$85.97 | 13,712  | D  |   |
| Common Stock                    | 03/10/2019                           |  | M                              |   | 70  | A          | (6)     | 13,782  | D  |   |
| Common Stock                    | 03/10/2019                           |  | F                              |   | 21  | D          | \$85.97 | 13,761  | 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 |   |  |  |   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 433  | (1) | 03/31/2019   | Common Stock    | 433   | \$0  | 0  | D   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 111  | (2) | 03/31/2019   | Common Stock    | 111   | \$0  | 0  | D   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 477  | (3) | 04/30/2020   | Common Stock    | 477   | \$0  | 479  | D   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 80   | (4) | 04/30/2020   | Common Stock    | 80  | \$0  | 79   | D   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 334  | (5) | 04/30/2021   | Common Stock    | 334   | \$0  | 667  | D   |  |
| Restricted Stock Unit                      | \$0.0  | 03/10/2019                           |  | M                              |   | 70   | (6) | 04/30/2021   | Common Stock    | 70  | \$0  | 140  | D   |  |

**Explanation of Responses:**

- The shares represent the partial settlement under a performance-based RSU award granted March 8, 2016. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.
- The shares represent the partial settlement under a time-based RSU award granted March 8, 2016. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.

3. The shares represent the partial settlement under a performance-based RSU award granted March 8, 2017. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.
4. The shares represent the partial settlement under a time-based RSU award granted March 8, 2017. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.
5. The shares represent the partial settlement under a performance-based RSU award granted March 7, 2018. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.
6. The shares represent the partial settlement under a time-based RSU award granted March 7, 2018. One-third of the RSU vested and became distributable on March 10, 2019 and was converted to common stock on a one-for-one basis on the vesting date.

**Remarks:**

/s/ Stacy D. Krause, by power      03/12/2019  
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.

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