

OMB APPROVAL	
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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

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

1. Name and Address of Reporting Person* Mitchell Dara F			2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Senior VP, Corp. Development		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/10/2023			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		
KADANT INC. ONE TECHNOLOGY PARK DRIVE			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) WESTFORD MA 01886								
(City) (State) (Zip)								

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	03/10/2023		M		556	A	(1)	2,381	D	
Common Stock	03/10/2023		F		164	D	\$213.64	2,217	D	
Common Stock	03/10/2023		M		146	A	(2)	2,363	D	
Common Stock	03/10/2023		F		43	D	\$213.64	2,320	D	
Common Stock	03/10/2023		M		557	A	(3)	2,877	D	
Common Stock	03/10/2023		F		164	D	\$213.64	2,713	D	
Common Stock	03/10/2023		M		93	A	(4)	2,806	D	
Common Stock	03/10/2023		F		28	D	\$213.64	2,778	D	
Common Stock	03/10/2023		M		398	A	(5)	3,176	D	
Common Stock	03/10/2023		F		117	D	\$213.64	3,059	D	
Common Stock	03/10/2023		M		88	A	(6)	3,147	D	
Common Stock	03/10/2023		F		26	D	\$213.64	3,121	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	03/10/2023		M		556	(1)	04/30/2023	Common Stock	556	\$0	0	D	
Restricted Stock Unit	\$0.0	03/10/2023		M		146	(2)	04/30/2023	Common Stock	146	\$0	0	D	
Restricted Stock Unit	\$0.0	03/10/2023		M		557	(3)	04/30/2024	Common Stock	557	\$0	557	D	
Restricted Stock Unit	\$0.0	03/10/2023		M		93	(4)	04/30/2024	Common Stock	93	\$0	92	D	
Restricted Stock Unit	\$0.0	03/10/2023		M		398	(5)	04/30/2025	Common Stock	398	\$0	794	D	
Restricted Stock Unit	\$0.0	03/10/2023		M		88	(6)	04/30/2025	Common Stock	88	\$0	176	D	

Explanation of Responses:

- The shares represent the partial settlement under a performance-based RSU award granted March 2, 2020. One-third of the RSU vested and became distributable on March 10, 2023 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 2, 2020. One-third of the RSU vested and became distributable on March 10, 2023 and was converted to common stock on a one-for-one basis on the vesting date.
- The shares represent the partial settlement under a performance-based RSU award granted March 9, 2021. One-third of the RSU vested and became distributable on March 10, 2023 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 9, 2021. One-third of the RSU vested and became distributable on March 10, 2023 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 8, 2022. One-third of the RSU vested and became distributable on March 10, 2023 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 8, 2022. One-third of the RSU vested and became distributable on March 10, 2023 and was converted to common stock on a one-for-one basis on the vesting date.

Remarks:

[/s/ Stacy D. Krause, by power
of attorney](#) [03/10/2023](#)

** 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.