FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
OMB Number:	3235-028
Estimated average burden	
hours per response:	0.9

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

				r Section 30(h) of th			any Act of 1940						
1. Name and Address of R LAMBERT SAN			and Ticker or Tradir INC [KAI]	ng Symbol				ionship of Reporting Person(s) t all applicable) Director Officer (give title below)	to Issuer 10% Owner Other (specify below)				
(Last) KADANT INC. ONE TECHNOLOGY	(First) Y PARK DRIVE	(Middle)	3. Date of Earlie 07/01/2018	est Transaction (Mor	ith/Day/Yea	r)				VP, GENERAL CO	OUNSEL, SECRETAF	RY	
(Street) WESTFORD	MA	01886	4. If Amendmen	4. If Amendment, Date of Original Filed (Month/Day/Year)						Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)											
		•	Table I - Non-Derivati	ve Securities A	cquired	, Dispo	osed of, or Bene	ficially Ov	/ned				
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Date Execution Date, Code (I		Transaction ode (Instr. 8) 4. Securities Acquired (A) or Disposed Of (D 3, 4 and 5) 5. Ode V Amount (A) or (D) Price			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)			
						_			_		-	-	

1. Title of Security (Instr. 3)		2A. Deemed Execution Date,	3. Transaction Code (Instr. 8)		4. Securities Acquired 3, 4 and 5)	d (A) or Dispos	ed Of (D) (Instr.	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
	(Month/Day/Year)	(Month/Day/Year)	Code V		Amount	(A) or (D) Price		Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
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		М		299	A	(2)	16,742	D	
Common Stock	07/01/2018		F		133	D	\$96.15	16,609	D	
Common Stock	07/01/2018		М		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		М		398	A	(4)	18,333	D	
Common Stock	07/01/2018		F		177	D	\$96.15	18,156	D	
Common Stock	07/01/2018		М		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)	e, (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)	derivative Securities	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	Title	Amount or Number of Shares		Reported Transaction(s) (Instr. 4)		
Restricted Stock Unit	\$0.0	07/01/2018		М			1,168	(1)	(1)	Common Stock	1,168	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		М			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		М			398	(4)	(4)	Common Stock	398	\$0	0	D	
Restricted Stock Unit	\$0.0	07/01/2018		М			943	(5)	(5)	Common Stock	943	\$0	0	D	

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.

a. The shares represent the settlement under a prime-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 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 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 of attorney
** Signature of Reporting Person

07/03/2018 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 sing 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 (1) 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, (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 (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 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, (5) This Power of Attorney replaces any previously provided Power of Attorney to be executed as of this 29th day of June 2018.

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

Sandra L. Lambert Print Name