

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* <u>Powell Jeffrey 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 Officer (give title below) Other (specify below) EVP & Co-COO
	3. Date of Earliest Transaction (Month/Day/Year) 03/10/2019	
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	03/10/2019		M		2,803	A	(1)	9,053	D	
Common Stock	03/10/2019		F		1,058	D	\$85.97	7,995	D	
Common Stock	03/10/2019		M		718	A	(2)	8,713	D	
Common Stock	03/10/2019		F		319	D	\$85.97	8,394	D	
Common Stock	03/10/2019		M		3,149	A	(3)	11,543	D	
Common Stock	03/10/2019		F		926	D	\$85.97	10,617	D	
Common Stock	03/10/2019		M		525	A	(4)	11,142	D	
Common Stock	03/10/2019		F		234	D	\$85.97	10,908	D	
Common Stock	03/10/2019		M		2,002	A	(5)	12,910	D	
Common Stock	03/10/2019		F		889	D	\$85.97	12,021	D	
Common Stock	03/10/2019		M		420	A	(6)	12,441	D	
Common Stock	03/10/2019		F		187	D	\$85.97	12,254	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		2,803	(1)	03/31/2019	Common Stock	2,803	\$0	0	D	
Restricted Stock Unit	\$0.0	03/10/2019		M		718	(2)	03/31/2019	Common Stock	718	\$0	0	D	
Restricted Stock Unit	\$0.0	03/10/2019		M		3,149	(3)	04/30/2020	Common Stock	3,149	\$0	3,150	D	
Restricted Stock Unit	\$0.0	03/10/2019		M		525	(4)	04/30/2020	Common Stock	525	\$0	525	D	
Restricted Stock Unit	\$0.0	03/10/2019		M		2,002	(5)	04/30/2021	Common Stock	2,002	\$0	4,004	D	
Restricted Stock Unit	\$0.0	03/10/2019		M		420	(6)	04/30/2021	Common Stock	420	\$0	838	D	

Explanation of Responses:

1. 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.

2. 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
of attorney](#) [03/12/2019](#)

** 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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