

SO NATURAL FOODS AUSTRALIA LTD

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A.B.N. 41 002 814 235

AUSTRALIAN STOCK EXCHANGE

**FACSIMILE MESSAGE**

FROM: Michael Jenkins **DATE:** 5 November 2002
TO : ASX **NO OF PAGES:**
ATT : Company Announcements **FACSIMILE No:** 1300 300 021

Dear Announcements,

Attached please find Appendix 3Y

Yours faithfully,

Michael Jenkins
Company Secretary

Appendix 3Y
Change of Director's Interest Notice

Rule 3.19A.2

Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity So Natural Foods Australia Limited
ABN 41 002 814 235

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Maurice van Ryn
Date of last notice	8 January 2002

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Direct or indirect interest	Direct Indirect
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	Shareholder and director
Date of change	5 April 2002
No. of securities held prior to change	Direct – 16,795 Indirect – 24,168
Class	Ordinary shares
Number acquired	Indirect – 500
Number disposed	
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	\$0.70 per share
No. of securities held after change	Direct – 16,795 Indirect – 24,668
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	On market trade

+ See chapter 19 for defined terms.

11/3/2002

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Appendix 3Y

Change of Director's Interest Notice

Part 2 – Change of director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

Detail of contract	
Nature of interest	
Name of registered holder (if issued securities)	
Date of change	
No. and class of securities to which interest related prior to change Note: Details are only required for a contract in relation to which the interest has changed	
Interest acquired	
Interest disposed	
Value/Consideration Note: If consideration is non-cash, provide details and an estimated valuation	
Interest after change	

+ See chapter 19 for defined terms.