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### FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

## 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

OMB APPROVAL MB Number: 3235-0287	
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	hours per response:	0.5
- 1		

1. Name and Address of Reporting Person <sup>*</sup> Harrell James A. III			2. Issuer Name and Ticker or Trading Symbol SONOCO PRODUCTS CO [ SON ]	(Check	tionship of Reporting Perso all applicable) Director Officer (give title	on(s) to Issuer 10% Owner Other (specify
(Last) ONE NORTH SI P O BOX 160	ONE NORTH SECOND ST		3. Date of Earliest Transaction (Month/Day/Year) 12/10/2019	X	below) VP Tubes,Cores US	below)
(Street) HARTSVILLE (City)	SC (State)	29551-0160 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	idual or Joint/Group Filing ( Form filed by One Repor Form filed by More than Person	ting 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)	Code (	ction	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) 5. Amount of Securities Beneficially Owned Following Reported		isposed Of (D) (Instr. 3, 4 and		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	Transaction(s) (Instr. 3 and 4)		(Instr. 4)

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. Transa Code ( 8)		5. Num of Deriva Securi Acquin (A) or Dispos of (D) (Instr. and 5)	tive ties red sed 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		te Amount of		nount of Derivative curities Security derlying (Instr. 5) perivative Security		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				
Dividend Equivalents on Restricted Stock Units	(1)	12/10/2019		A		115.4		(2)	(2)	Common Stock	115.4	\$60.52	3,715.1	D	

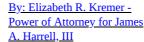
Explanation of Responses:

1. Each share of Dividend equivalents on Restricted Stock units is the economic equivalent of one share of Sonoco Products Company common stock

2. Acquired quarterly dividend equivalent rights on Restricted Stock which will be settled upon the reporting person's retirement or other termination of service.

#### **Remarks:**

harrell-poa.txt



12/12/2019

\*\* 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.

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.

Special Power of Attorney Forms 3, 4 and 5 under the Securities Exchange Act of 1934

KNOW ALL MEN BY THESE PRESENTS, that the undersigned director or officer, or both, of Sonoco Products Company constitutes and appoints Julie C. Albrecht, John M. Florence, Jr. and Elizabeth R. Kremer, his or her true and lawful

attorneys-in-fact and agents with full power of substitution and resubstitution,

and each of them with full power to act without the other for him or her and in his or her name, place and stead, in any and all capacities, to execute and file, or cause to be filed, with the Securities and Exchange Commission Forms 3,

4 and 5 pursuant to Section 16 under the Securities Exchange Act of 1934, as amended, (the "Act") and any amendment to the foregoing, on his or her behalf, or on behalf of any trust or other entity that is required by the rules under Section 16 of the Act, to file reports under Section 16 because of the fact that

said director or officer is a trustee, fiduciary or otherwise, granting unto said attorneys-in-fact and agents, full power and authority to do and perform each and every act and thing requisite and necessary to be done as fully to all intents and purposes as he or she might or could do in person, hereby ratifying and confirming all that said attorneys-in-fact and agents may lawfully do or cause to be done by virtue hereof. The authority granted by this Special Power of Attorney shall remain in effect as long as the undersigned is required to file Forms 4 and 5 under the reporting requirements of Section 16. The undersigned acknowledges that no attorney-in-fact of the undersigned pursuant to

this Special Power of Attorney, by serving in such capacity, is assuming any of the undersigned's responsibilities to comply with Section 16 of the Act.

IN WITNESS WHEREOF, the undersigned has executed this Special Power of Attorney this sixteenth day of November, 2016.

Signature:\_\_\_\_\_\_ Typed: James A. Harrell, III