

OMB APPROVAL	
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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

1. Name and Address of Reporting Person* <u>Haynes Ernest D III</u> (Last) (First) (Middle) ONE NORTH SECOND ST P O BOX 160 (Street) HARTSVILLE SC 29551-0160 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>SONOCO PRODUCTS CO [SON]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Pres. Sonoco Metal Packaging</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>05/05/2023</u>	
	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	05/05/2023		s		917	D	\$60.0965	281	D	
Common Stock								50.6208	I	By 401k

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					

Explanation of Responses:

Remarks:

haynes-poa.txt

By: Elizabeth R. Kremer -
Power of Attorney for Ernest 05/05/2023
D. Haynes

** 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 Robert R. Dillard, 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 First day of November, 2021.

Signature: _____
Typed: Ernest D. Haynes, III