UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

SCHEDULE 14A

(RULE 14a-101)

Proxy Statement Pursuant to Section 14(a) of the Securities
Exchange Act of 1934

☑ Filed by the Registrant ☐ Filed by a Party other than the Registrant

Check the appropriate box:	
☐	Preliminary Proxy Statement
☐	CONFIDENTIAL, FOR USE OF THE COMMISSION ONLY (AS PERMITTED BY RULE 14a-6(E)(2))
☐	Definitive Proxy Statement
☑	Definitive Additional Materials
☐	Soliciting Material Pursuant to § 240.14a-12

BGSF, Inc.

(Name of Registrant as Specified In Its Charter)

Payment of Filing Fee (Check the appropriate box):	
☑	**No fee required.**
☐	**Fee computed on table below per Exchange Act Rules 14a-6(i)(1) and 0-11.**
	(1) Title of each class of securities to which transaction applies:
	(2) Aggregate number of securities to which transaction applies:
	(3) Per unit price or other underlying value of transaction computed pursuant to Exchange Act Rule 0-11 (set forth the amount on which the filing fee is calculated and state how it was determined):
	(4) Proposed maximum aggregate value of transaction:
	(5) Total fee paid:
☐	**Fee paid previously with preliminary materials.**
☐	**Check box if any part of the fee is offset as provided by Exchange Act Rule 0-11(a)(2) and identify the filing for which the offsetting fee was paid previously. Identify the previous filing by registration statement number, or the Form or Schedule and the date of its filing.**
	(1) Amount Previously Paid:
	(2) Form, Schedule or Registration Statement No.:
	(3) Filing Party:
	(4) Date Filed:

Important Notice Regarding the Availability of Proxy Materials for the Annual Shareholder Meeting of

BGSF, INC.

To Be Held on November 5, 2025 at 12:00 PM CST
on the first floor, Suite 140B.
located at 5830 Granite Parkway, Plano, Texas 75024

COMPANY NUMBER	
ACCOUNT NUMBER	
CONTROL NUMBER	

This communication is not a form for voting and presents only an overview of the more complete proxy materials that are available to you on the Internet or by mail. We encourage you to access and review all of the important information contained in the proxy materials before voting.

If you want to receive a paper or e-mail copy of the proxy materials you must request one using the instructions below. You can also submit preferences for email or paper delivery for future meetings. There is no charge to you for requesting a copy. To facilitate timely delivery please make the request as instructed below before 10/22/25.

Please visit http://investor.bgsf.com/financials/annual-reports, where the following materials are available for view:

- Notice of Annual Meeting of Stockholders
- Proxy Statement
- Form of Electronic Proxy Card
- Annual Report on Form 10-K

TO REQUEST MATERIAL: **TELEPHONE: 888-Proxy-NA (888-776-9962) or 201-299-6210 (for international callers)**
E-MAIL: help@equiniti.com
WEBSITE: http://www.amstock.com/proxyservices/requestmaterials.asp

TO VOTE: **ONLINE:** To access your online proxy card, please visit www.voteproxy.com and follow the on-screen instructions or scan the QR code with your smartphone. You may enter your voting instructions at www.voteproxy.com up until 11:59 PM Eastern Standard Time the day before the cut-off or meeting date.

IN PERSON: You may vote your shares in person by attending the Annual Meeting.

MAIL: You may request a proxy card (which will be accompanied by the proxy materials) by following the instructions above.

1. Election of Directors:

NOMINEE:
- Richard L. Baum, Jr. — Class II director
- Paul A. Seid — Class II director

Please note that you cannot use this notice to vote by mail.

2. To ratify BGSF, Inc.'s Audit Committee's appointment of Whitley Penn LLP as independent registered public accounting firm for the 2025 fiscal year ending December 28, 2025.

3. To amend BGSF, Inc.'s 2013 Long-Term Incentive Plan to add an additional 250,000 shares of common stock available for issuance.

4. To amend BGSF, Inc.'s 2020 Employee Stock Purchase Plan to add an additional 250,000 shares of common stock available for issuance.

5. Advisory vote to approve named executive officer compensation("Say-on-Pay" Vote).

6. Advisory vote on how frequently shareholders will be provided a "Say-on-Pay" Vote.

THE BOARD OF DIRECTORS RECOMMENDS A VOTE "FOR" THE ELECTION OF THE DIRECTOR NOMINEES AND "FOR" PROPOSALS 2, 3, 4, 5 and EVERY "THREE YEARS" ON PROPOSAL 6