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## SCHEDULE 14A

(Rule 14a-101)

### INFORMATION REQUIRED IN PROXY STATEMENT SCHEDULE 14A INFORMATION

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(c)(2))
- Definitive Proxy Statement
- Definitive Additional Materials
- Soliciting Material Under Section 240.14a-12

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# TrueBlue, Inc.

(Name of Registrant as Specified In Its Charter)

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(Name of Person(s) Filing Proxy Statement, if Other Than the Registrant)

Payment of Filing Fee (Check all boxes that apply):

- No fee required.
  - Fee paid previously with preliminary materials:
  - Fee computed on table in exhibit required by Item 25(b) per Exchange Act Rules 14a-6(i)(1) and 0-11
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# Your **Vote** Counts!

## Notice of Internet Availability of Proxy Materials

**TRUEBLUE, INC.**  
2023 Annual Meeting  
Vote by May 10, 2023  
11:59 PM EDT

TRUEBLUE, INC.  
C/O COMPUTERSHARE TRUST COMPANY  
PO BOX 505000  
LOUISVILLE, KY 40233-5000



V04360-P86726

### You invested in TRUEBLUE, INC. and it's time to vote!

You have the right to vote on proposals being presented at the Annual Meeting. **This is an important notice regarding the availability of proxy material for the shareholder meeting to be held on May 11, 2023.**

### Get informed before you vote

View the Notice, Proxy Statement, and Annual Report on Form 10-K online OR you can receive a free paper or email copy of the material(s) by requesting prior to April 27, 2023. If you would like to request a copy of the material(s) for this and/or future shareholder meetings, you may (1) visit [www.ProxyVote.com](http://www.ProxyVote.com), (2) call 1-800-579-1639 or (3) send an email to [sendmaterial@proxyvote.com](mailto:sendmaterial@proxyvote.com). If sending an email, please include your control number (indicated below) in the subject line. Unless requested, you will not otherwise receive a paper or email copy.

### How To Vote

Please choose one of the following voting methods:



For complete information and to vote, visit [www.ProxyVote.com](http://www.ProxyVote.com)

Control #

#### Smartphone users

Point your camera here and vote without entering a control number



#### Vote Virtually at the Meeting\*

May 11, 2023  
8:00 a.m. PDT  
[www.virtualshareholdermeeting.com/TBI2023](http://www.virtualshareholdermeeting.com/TBI2023)

**Vote By Telephone:** You can vote by telephone by requesting a paper copy of the materials, which will include a proxy card that will provide instructions to vote these shares by proxy via telephone.

**Vote By Mail:** You can vote by mail by requesting a paper copy of the materials, which will include a proxy card.

\*Please check the meeting materials for any special requirements for meeting attendance.

## THIS IS NOT A VOTABLE BALLOT

This is an overview of the proposals being presented at the upcoming shareholder meeting. Please follow the instructions on the reverse side to vote these important matters.

Voting Items	Board Recommends
1. Election of Directors <b>Nominees:</b>	
1a. Colleen B. Brown	✔ For
1b. Steven C. Cooper	✔ For
1c. William C. Goings	✔ For
1d. Kim Harris Jones	✔ For
1e. R. Chris Kreidler	✔ For
1f. Sonita Lontoh	✔ For
1g. Jeffrey B. Sakaguchi	✔ For
1h. Kristi A. Savacool	✔ For
2. Advisory vote on the frequency of future advisory votes on executive compensation.	1 Year
3. To approve, by advisory vote, compensation for our named executive officers.	✔ For
4. To approve the Amendment and Restatement of the Company's 2016 Omnibus Incentive Plan.	✔ For
5. To approve the Amendment and Restatement of the Company's 2010 Employee Stock Purchase Plan.	✔ For
6. To ratify the selection of Deloitte & Touche LLP as the Company's independent registered public accounting firm for the fiscal year ending December 31, 2023.	✔ For

Prefer to receive an email instead? While voting on [www.ProxyVote.com](http://www.ProxyVote.com), be sure to click "Sign up for E-delivery".