

Attached is a form for members' use regarding their employees waiver of meal breaks.

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MRA General Counsel  
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### EMPLOYEE'S VOLUNTARY WAIVER OF MEAL BREAK

I, \_\_\_\_\_, hereby waive my right as an employee of  
(employee name)  
\_\_\_\_\_ to a thirty(30) minute unpaid meal break which I would otherwise  
(restaurant name)

be entitled to take on days during which I work more than six(6) hours.\*

I have not been coerced to make the waiver contained herein, do so voluntarily  
and understand that I may withdraw this waiver at any time by notifying my employer in  
writing that I no longer choose to waive my right to a meal break.

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( employee's signature)

Date: \_\_\_\_\_

\* See: M.G.L. c.149 sec. 100