

## **Meal Breaks**

Massachusetts law states that employees must receive a 30-minute break after six hours of working. The break period may be unpaid. An employee must be free to leave the workplace during the break. An employee can voluntarily give up the meal break, but must be paid for all hours worked.

Compensation for the 30-minute meal break must be paid if the employee has voluntarily agreed to waive his or her meal break by

- (1) working through his or her meal break, or
- (2) remaining on the premises at the request of the employer during the meal break.