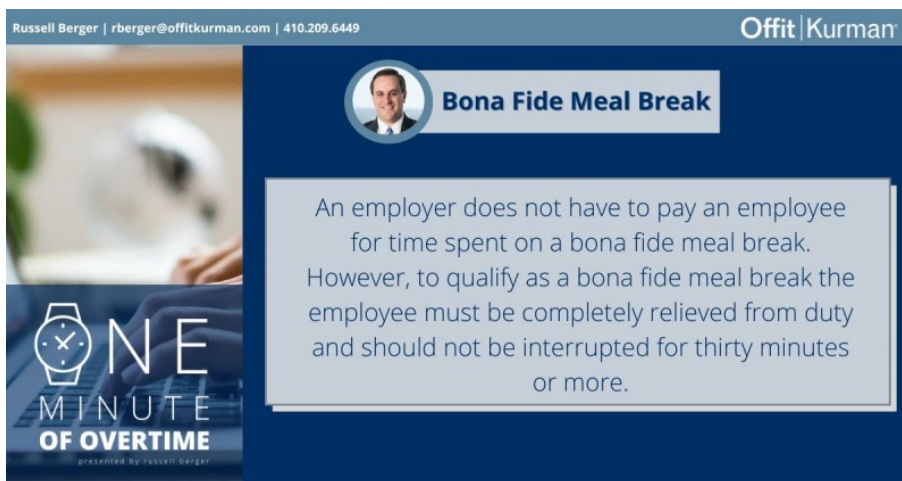


Bona Fide Meal Break

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By Russell B. Berger

Welcome to One Minute of Overtime, where I will share insights on Labor and Employment Law topics, mostly related to minimum wage and overtime compliance issues.

Compliance in this area of law is nuanced and technical, so it is critical for employers to audit and adjust their practices to remain compliant, so stop by to stay up-to-date and in-the-know.



The screenshot shows a video player interface. At the top, a blue header bar contains the text "Russell Berger | rberger@offitkurman.com | 410.209.6449" on the left and the "Offit | Kurman" logo on the right. The main content area has a dark blue background. On the left side of this area is a vertical video thumbnail with a clock icon and the text "ONE MINUTE OF OVERTIME presented by russell berger". To the right of the thumbnail is a white-bordered box containing the title "Bona Fide Meal Break" above a circular profile picture of Russell Berger. Below the picture, the text reads: "An employer does not have to pay an employee for time spent on a bona fide meal break. However, to qualify as a bona fide meal break the employee must be completely relieved from duty and should not be interrupted for thirty minutes or more."

An employer does not have to pay an employee for time spent on a bona fide meal break. However, to qualify as a bona fide meal break, the employee must be completely relieved from duty and should not be interrupted for thirty minutes or more.