

SAMPLE

REQUEST TO WAIVE THE LUNCH OR EATING PERIOD

RSA 275:30-a Lunch or Eating Period. – An employer may not require an employee to work more than 5 consecutive hours without granting him a 1/2 hour lunch or eating period, except if it is feasible for the employee to eat during the performance of his work, and the employer permits him to do so.

I _____ understand that my

Employer _____

offers a lunch or eating time as defined in RSA 275:30-a. I am requesting not to take this time as offered. I also understand that at any time I wish to take the lunch or eating time I will be allowed to do so.

Employees signature

Date

Witness

Date