

Lunch Period Law

Lunch Period Law – Only mechanical establishments, workshops, and assembling plants are required to provide a 30 consecutive minute meal break in each 8-hour shift to employees.

Other breaks

- Breaks are allowed at the discretion of the employer, no matter the length of the shift.
- There is no state or federal law requiring employers to provide coffee breaks, smoke breaks, or rest periods.

VIOLATION OF THE LUNCH PERIOD LAW

- Employers found in violation of Nebraska's Lunch Period Law are guilty of a Class III misdemeanor.

For more information or to file a complaint, please contact 402-471-2239 or email NDOL.Laborstdrdsinquiries@nebraska.gov.

Version: 4/12/2022

*Equal Opportunity Program/Employer | TDD: 800-833-7352
Auxiliary aids and services are available upon request to individuals with disabilities.*

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