

<b>State</b>	<b>Meal Breaks Required</b> <i>(unpaid)</i>	<b>Rest Breaks Required</b> <i>(paid)</i>	<b>Breast-Feeding Breaks Required</b>
California	>5 hrs = 30 min; >10 hrs = 2 x 30 min	4 hrs = 10 min	Reasonable during meals / breaks
Colorado	>5 hrs = 30 min	4 hrs = 10 min	
Connecticut	7.5 hrs = 30 min		Reasonable during meals / breaks
Delaware	7.5 hrs = 30 min		
District of Columbia			Reasonable during meals / breaks
Georgia			Reasonable during meals / breaks
Hawaii			Reasonable during meals / breaks
Illinois	7.5 hrs = 20 min		Reasonable during meals / breaks
Kentucky	Reasonable amt of time near mid-schedule	4 hrs = 10 min	
Maine	30 min	<i>*Refer to detailed information by state</i>	
Massachusetts	>6 hrs = 30 min		
Minnesota	8 hrs = significant time for meal	4 hrs = adequate time for restroom break	Reasonable during meals / breaks
Mississippi			Reasonable during meals / breaks
Nevada	8 hrs = 30 min	4 hrs = 10 min	
New Hampshire	>5 hrs = 30 min		
New Mexico			Reasonable during meals / breaks
New York	>6 hrs = 30 min		Reasonable during meals / breaks
North Dakota	>5 hrs = 30 min		
Oklahoma			Reasonable during meals / breaks
Oregon	6 - 8 hrs = 30 min	4 hrs = 10 min	Reasonable during meals / breaks
Puerto Rico	>5 hrs = 60 min		2 x 30 min or 3 x 20 min daily for FT assocs
Rhode Island	6 hrs = 20 min or 8 hrs = 30 min		
Tennessee	6 hrs = 30 min	<i>*Refer to detailed information by state</i>	Reasonable during meals / breaks
Vermont		Reasonable time	Reasonable time
Washington	5 hrs = 30 min; >8 hrs = 60 min	4 hrs = 10 min	
West Virginia	6 hrs = 20 min		
Wisconsin		Reasonable time	