



North Dakota House of Representatives

STATE CAPITOL
600 EAST BOULEVARD
BISMARCK, ND 58505-0360



Representative Matthew Heilman

District 7
5501 Flatrock Drive
Bismarck, ND 58503-8929
mheilman@ndlegis.gov

COMMITTEES:

Education
Political Subdivisions

January 28th, 2025

Chairman Heinert and members of the Education Committee,

My name is Matt Heilman, and I am a state representative from North Dakota's seventh legislative district in Bismarck. I am here today to speak in favor of HB 1333 which is to ensure students have an adequate amount of time to eat every school day.

This is a short bill that simply states a student must have half an hour off for lunch per school day. The time range to meet the half hour requirement ranges from 10AM to 2PM. The bill also allows a student to miss classroom time to meet the half hour requirement. The student would also have to obtain a written note from a school counselor for missing part of a class to meet the half hour requirement. The student would then have to provide that note to the teacher of the class they would be missing.

I am bringing this bill because this has been an issue at my old high school for years. I know other students across the state have run into this issue as well. I do not want to speak on behalf of other schools since I did not attend them or know the details of those schools. I do agree that issues should ideally be solved on the local level before the state addresses it, but when a problem is not solved locally, it then becomes our problem to solve. This has been going on at my old school for a long time and it still has not been fixed. Other states have taken initiatives to ensure students have enough time to eat lunch such as New Mexico, New York and California.

We all know the importance of having time to eat lunch. Our state employees are given half an hour for lunch each day, so I think it is appropriate to make sure that our students have that time as well. This is under 46-02-07-02 of the Administrative Code. Mr. Chairman and members of the committee, thank you for your time and I respectfully ask for a do pass recommendation.

5. A minimum thirty-minute meal period must be provided in each shift exceeding five hours when there are two or more employees on duty. Employees may waive their right to a meal period upon agreement with the employer. Employees do not have to be paid for meal periods if they are completely relieved of their duties and the meal period is ordinarily thirty minutes in length. The employee is not completely relieved if required to perform any duties during the meal period. Collectively bargained agreements will prevail over this provision.