

Meals And Lodging Allowance Increase

Indicated below is Vermont's Meals and Lodging Allowance.

Effective **January 1, 2009**, and on each **January 1 thereafter**, the meals and lodging rates shall increase by five percent or the percentage increase of the Consumer Price Index, CPI-U, U.S. city average, not seasonally adjusted, or successor index, as calculated by the U.S. Department of Labor or successor agency for the 12-month preceding the previous **September 1**, whichever is smaller.

Effective January 1, 2026

An employer shall be entitled to deduct from the wages earned an allowance for meals and lodging actually furnished and accepted as follows:

Breakfast	\$3.92 daily
Lunch	\$4.41 daily
Dinner	\$4.91 daily
Full board	\$13.24 daily or \$92.68 per week
Nightly Lodging	\$5.41 daily
Full Room	\$32.56 weekly
Full Room and Board	\$112.41 per week

THIS IS A MANDATORY POSTER

Vermont Department of Labor
P.O. Box 488, Montpelier, VT
Labor.Complaints@vermont.gov
(802) 828-4000 | Fax: (802) 865-7655

