

## Time of Day

### Per Diem Rules

Travelers may claim per diem for meals based on the timing of their respective departure from, and return to, St. George. The following are guidelines that should be used when determining if a traveler is eligible to claim certain meals.

	<b>Departure Before:</b>	<b>Return After</b>
Breakfast	7:00 AM	10:00 AM
Lunch	11:00 AM	2:00 PM
Dinner	5:00 PM	8:00 PM