



Teamsters Canada Rail Conference

Claim for Meal expenses 2009

For 2009, the simplified method is based on a daily meal rate of **\$17** for each meal. You do not have to keep receipts for your meals, but you have to keep a detailed list of the trips you take.

Under the simplified method, you can claim one meal after every four hours from the departure time, to a maximum of three meals per day. For the purposes of calculating the maximum number of meals allowed, a day is considered to be a 24-hour period that begins at the departure time.

The most you can deduct for meal expenses is 50% of your claim. For example, if you use the simplified method, which is based on a daily meal rate of **\$17** per meal, the most you can deduct is **\$8.50** (\$17 multiplied by 50%) for each meal.