AU PAIRS AND FOOD ALLOWANCE

What you need to know
Last updated March 15, 2019

THE 80 KRONER RULE

As most host families know, au pairs are entitled to free room and board. Less known is the rule that the right to meals also applies in cases when the au pair and host family aren't eating together. This may for example be when the au pair or host family is away on holiday, but also in other situations (see list to the right).

In these cases, the host family must instead pay the au pair a food allowance of DKK 80,- per day covering the cost of the au pair's daily meals. This allowance is paid in addition to the au pair's normal allowance. Read on to learn the details of the rule.

GOT QUESTIONS?

Contact Au Pair Network's counsellors to ask about your rights.

FACEBOOK: AU PAIR NETWORK
E-MAIL: INFO@AUPAIRNETWORK.DK
PHONE: +45 46 97 38 80
OPEN MON, WED, FRI 11:00-15:00

AU PAIRS ARE ENTITLED TO FOOD ALLOWANCE

- The au pair is away from the host family on holiday that counts as part of his/her earned, paid holidays (weekdays as well as weekends)
- When the au pair is not on holiday, but the host family has left the au pair at home without providing his/her meals for the duration of their absence

AU PAIRS AREN'T ENTITLED TO FOOD ALLOWANCE

- When the host family is away but has purchased sufficient food for their full board for the duration of their absence
- When the au pair is away on extended holiday that does not count as part of their earned, paid holidays
- If the au pair chooses on his/her own accord not to eat with the host family or if the au pair does not like the food served in the host family's home

Special cases can arise when the family or au pair must keep a specific diet due to allergies or illness. Remember to always discuss meal expectations, needs and wants with your au pair or host family to avoid conflict or tensions.

WHAT THE LAW SAYS

Excerpt from the Danish Holiday Act*:
Chapter 1, Paragraph 2a, Article 8:

Au pair persons with a residence permit per the Aliens Act [udlændingeloven] paragraph 9 j can take holiday with pay on an ongoing basis as the holidays are earned. Pay is understood as the allowance which the au pair receives from the family and the value of meals. The holiday must be agreed upon in writing.

*This is a translation from the Danish original by Au Pair Network

Source: LBK no. 1177 of 09/10/2015.
www.retsinformation.dk/Forms/R0710.aspx?id=174358

The value of meals is calculated by the Danish Tax Department. In 2019, the value of board (three daily meals) was set to DKK 80,- per day.

For the current amount, see the standard rates for room and board on www.skat.dk