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GirlsScoutCookies.org



First Name _____

Troop # _____

My Goal _____

Online _____

2024 Girl Scout Cookie Program

Safe Seller Tips

Girl Scouts

- Show you're a Girl Scout**
Wear the Girl Scout membership pin, vest, sash or other Girl Scout clothing to identify yourself as a Girl Scout.
- Buddy Up**
Always use the buddy system. It's not just safe, it's more fun.
- Plan Ahead**
Be prepared for emergencies, and always have a plan for safeguarding money.
- Protect Privacy**
Girl Scouts' last names, home addresses, and email addresses should never be given to customers. Protect customers' privacy by not sharing their information, except when necessary.

In Person

- Partner with Adults**
Adults must accompany Girl Scout Daisies, Brownies and Juniors. Girl Scouts in grades 6–12 must be supervised by an adult and must never sell or deliver cookies alone.
- Sell in the Daytime**
Sell during daylight hours, unless accompanied by an adult.
- Do Not Enter Any Homes or Vehicles**
Never enter someone's home or vehicle. Only approach vehicles at designated drive-thru cookie booths.
- Be Streetwise**
Become familiar with the areas and neighborhoods where you'll be selling and delivering cookies. Avoid alleys.
- Be Safe on the Road**
Always follow safe pedestrian practices when crossing at intersections or walking along roadways. Be aware of traffic when unloading products and passengers from vehicles.

Online

- Be Safe Online**
Girl Scouts must have their caregiver's permission to participate in all online activities.
- Participate in Digital Cookie**
Read and abide by the Girl Scout Digital Cookie Pledge.
- Read and agree.**
Read and agree to the GSUSA Internet Safety Pledge.
- Caregivers' agreement.**
Read and abide by the Digital Cookie Terms and Conditions for Parents/Guardians.

Be sure to check Girl Scouts safety resources and guidelines — available for download at girlsoutcookies.org/troopleaders.

NOTE: These ingredient lists are a general guideline only to assist consumers when ordering cookies. It is important for consumers with allergies or other health concerns to carefully read the labeling on the cookie package when it is received and prior to consumption of the product. For more information visit abcsmartcookies.com.

Adventurefuls®
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS. Indulgent brownie-inspired cookies with caramel flavored crème and a hint of sea salt.

Nutrition Facts	
About 8 servings per container	
Serving size 2 cookies (25g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 11g	
Incl. 11g Added Sugars	22%
Protein <1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.1mg 6%	Potas. 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OIL AND PALM OIL), COCOA (PROCESSED WITH ALKALI), CORNSTARCH, CARAMEL COLOR, MOLASSES, CORN SYRUP, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (BAKING SODA), SEA SALT, PAPRIKA (COLOR).
CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT.
DIET EXCHANGE: 1 Carbohydrate, 1 Fat

Thin Mints®
Crispy chocolate wafers dipped in a mint chocolate coating.

Nutrition Facts	
8 servings per container	
Serving size 4 cookies (32g)	
Amount per serving	
Calories 160	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber <1g	2%
Total Sugars 10g	
Incl. 10g Added Sugars	20%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 2mg 10%	Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, INVERT SUGAR, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

Toast-Yay!®
French Toast-inspired cookies dipped in delicious icing.

Nutrition Facts	
8 servings per container	
Serving size 2 cookies (30g)	
Amount per serving	
Calories 140	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 10g	
Incl. 10g Added Sugars	20%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1mg 6%	Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, FOOD STARCH-MODIFIED, NATURAL FLAVOR, SOY LECITHIN, MAPLE SYRUP, ANNATTO EXTRACT (COLOR), CARAMEL COLOR.
CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolate coating.

Nutrition Facts	
About 7 servings per container	
Serving size 2 cookies (25g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Incl. 8g Added Sugars	16%
Protein 2g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1mg 6%	Potas. 0mg 0%

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INGREDIENTS: SUGAR, PEANUT BUTTER (PEANUTS, HYDROGENATED PALM OIL, CORN SYRUP SOLIDS, SALT), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), SOY LECITHIN, SALT, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: SOY, WHEAT, PEANUTS.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, COCONUT.
DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

Lemonades®
NATURALLY AND ARTIFICIALLY FLAVORED. Savory slices of shortbread with a zesty tangy lemon flavored icing.

Nutrition Facts	
8 servings per container	
Serving size 2 cookies (30g)	
Amount per serving	
Calories 150	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 9g	
Incl. 9g Added Sugars	18%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1mg 6%	Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), CORNSTARCH, CORN SYRUP, LEAVENING (SODIUM ACID PYROPHOSPHATE, AMMONIUM BICARBONATE, BAKING SODA), NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, ANNATTO EXTRACT (COLOR), CITRIC ACID, MALIC ACID.
CONTAINS: SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

Caramel deLites®
Crispy cookies topped with caramel, toasted coconut, and chocolate stripes.

Nutrition Facts	
About 7 servings per container	
Serving size 2 cookies (28g)	
Amount per serving	
Calories 140	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	2%
Total Sugars 12g	
Incl. 12g Added Sugars	24%
Protein <1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.9mg 6%	Potas. 0mg 0%

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INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING, MODIFIED PALM KERNEL, MODIFIED PALM, HYDROGENATED COCONUT AND SYRUP (OILS), CORN SYRUP, COCONUT (COCONUT, SULPHATES (PRESERVATIVE)), SWEETENED CONDENSED MILK (MILK, SUGAR), INVERT SUGAR, DEXTROSE, COCOA (PROCESSED WITH ALKALI), SORBOL, WHOLE (MILK), GLYCERIN, SALT, SOY LECITHIN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: WHEAT, MILK, SOY, COCONUT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS.
DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

Trefoils®
Iconic shortbread cookies inspired by the original Girl Scout recipe.

Nutrition Facts	
About 10 servings per container	
Serving size 4 cookies (26g)	
Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Incl. 5g Added Sugars	10%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.3mg 8%	Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, WHEY (MILK), CORN SYRUP, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR (MILK).
CONTAINS: MILK, SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Peanut Butter Sandwich
Crispy and crunchy oatmeal cookies with creamy peanut butter filling.

Nutrition Facts	
About 7 servings per container	
Serving size 3 cookies (34g)	
Amount per serving	
Calories 170	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber <1g	2%
Total Sugars 9g	
Incl. 8g Added Sugars	16%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.1mg 6%	Potas. 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANUT BUTTER (PEANUTS, HYDROGENATED PALM OIL, CORN SYRUP SOLIDS, SALT, SUGAR, WHOLE-GRAIN OATS, PALM OIL, SHORTENING, DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, CORNSTARCH, MODIFIED CORN STARCH, SALT, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
MANUFACTURED IN A SHARED FACILITY WITH: COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

Digital Cookie®

Exciting news, your online Girl Scout Cookie® sales platform is getting a revamp! We're moving your online cookie sales to a platform called Digital Cookie®. Going forward, you will be using the new Digital Cookie application to sell cookies to customers online, track progress towards a goal, and manage sales. Selling Girl Scout cookies online and reaching your goals just got easier!

Please refer to the cookie packaging for the most current information.

Caramel Chocolate Chip
Caramel, semi-sweet chocolate chips, and a hint of sea salt in a delicious cookie.

Nutrition Facts	
4 servings per container	
Serving size 3 cookies (35g)	
Amount per serving	
Calories 160	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Incl. 9g Added Sugars	18%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.4mg 8%	Potas. 110mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OAT FLOUR, GRANULATED SUGAR, SEMI-SWEET CHOCOLATE CHIPS, SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SUNFLOWER LECITHIN, CANOLA OIL, WATER, COCONUT OIL, TAPIOCA STARCH, CHICK PEAS FLOUR, INVERT SUGAR, MOLASSES, SUNFLOWER LECITHIN, SEA SALT, NATURAL FLAVOR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), XANTHAN GUM, CREAM OF TARTAR.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

