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GirlScoutCookies.org



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My Goal

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First Name

Cookie Program Girl Scout

5052



Girl Scouts

1 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,

3 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.

3 Do Not Enter Any Homes or Vehicles Never enter someone's home or vehicle. Only approach vehicles at designated drive-thru

cookie booths. 4 Be Streetwise

5 Be Safe on the Road

Become familiar with the areas and neighborhoods where you'll be selling and delivering cookies. Avoid alleys.

crossing at intersections or walking along roadways. Be aware of traffic when unloading products and passengers from vehicles.

Always follow safe pedestrian practices when

Online

1 Be Safe Online

Girl Scouts must have their caregiver's permission to participate in all online activities.

2 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.

4 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 girlscoutcookies.org/troopleaders.

*The % Daily Value (DV) tells you how much a nutrient

CONTAINS: WHEAT, SOY.

MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK. DIET EXCHANGE:

Nutrition Facts About 8 servings per container Serving size 4 cookies (33g)

160 Calories **Total Fat** 7g Saturated Fat 5g 25% Trans Fat 0g **Cholesterol** 0mg 0% Sodium 115mg 5% **Total Carbohydrate 23g** 8% Dietary Fiber <1g 2%

Total Sugars 11g

Incl. 11g Added Sugars 22% **Protein** 1g Vit. D 0mcg 0% • Calcium 0mg 0% Iron 2.4mg 15% • Potas, 30mg 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 (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 SLIGAR SALT LEAVENING (BAKING SODA) SO LECITHIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR CONTAINS: WHEAT, SOY.

MANUFACTURED IN A SHARED FACILITY WITH MILK, PEANUTS, COCONUT.

Nutrition Facts

About 7 servings per container Serving size 2 cookies (25g)

Calories	130
	% Daily Value
Total Fat 6g	8%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 55mg	2%

Total Carbohydrate 18g Dietary Fiber 0g 0% Total Sugars 11g

Incl. 11g Added Sugars **Protein** <1g Vit. D 0mcg 0% • Calcium 0mg 0%

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIO ACID), VEGETABLE OIL SHORTENING (PALM KERNEL AND PALM AGID), VEGET ABGE DIE SHORT IERING (FALIW RETNIEL AND FALIW OILS), COCOA (PROCESSED WITH ALKAL), CORNISTARCH, CAPAMEL COLOR, MOLASSES, CORN SYRUP, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (BAKING SODA), SEA SALT, PAPRIKA OLEORESIN (COLOR).

Nutrition Facts

About 7 servings per container Serving size 2 cookies (25g)

Calories % Daily Value* **Total Fat** 7g Saturated Fat 4g **20**% Trans Fat 0g **Cholesterol** 0mg 0% Sodium 75ma **3**% Total Carbohydrate 15g **5**% Dietary Fiber <1g 3%

Total Sugars 9g Incl. 8g Added Sugars **Protein** 2g Vit. D 0mcg 0% • Calcium 0mg 0% Iron 0.9mg 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: SLIGAR PEANLIT BUTTER (PEANLITS HYDROGENATE) PALM OIL, CORN SYRUP SOLIDS, SALT), ENRICHED WHEAT FLOUF (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (PALM KERNEL AND PALM 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: **DIET EXCHANGE**

Dietary Fiber 0g

Total Sugars 9g

Vit. D 0mcg 0% • Iron 1.1mg 6%

Protein 1g

Incl. 9g Added Sugars

*The % Daily Value (DV) tells you how much a nutrient

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN,

REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC

ACID). SLIGAR, VEGETABLE OIL SHORTENING (PALM AND PALM

NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, ANNATTO

9%

0%

3%

8%

0%

Calcium 0mg 0%

Numuon racis About 8 servings per container About 8 servings per container Serving size 2 cookies (31g) Serving size 2 cookies (31g)

(§141g) ⊕ (MET WT 8.5 OZ (241g)

toast-yay!"

Calories	<u>150</u>	Calories
	% Daily Value*	
Total Fat 6g	8%	Total Fat 7g
Saturated Fat 4.5g	23%	Saturated Fat 4.5g
<i>Trans</i> Fat 0g		Trans Fat 0g
Cholesterol Omg	0%	Cholesterol Omg
Sodium 95mg	4%	Sodium 70mg
Total Carbohydrate 22	g 8%	Total Carbohydrate 21g

Total Carbohydrate 22g Dietary Fiber 0g 0% **Total Sugars 11g** Incl. 11g Added Sugars

Protein 1g Vit. D 0mcg 0% • Calcium 0mg 0%

The % Daily Value (DV) tells you how much a nutrier

INGREDIENTS: ENRICHED WHEAT FLOUR (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.

EXTRACT (COLOR), CITRIC ACID, MALIC ACID.

MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.

CONTAINS: SOY, WHEAT.

DIET EXCHANGE:

Nutrition Facts About 7 servings per container Serving size 2 cookies (28g)

Calories **Total Fat** 7g Saturated Fat 6g 30% Trans Fat 0g Cholesterol Omg 0%

Sodium 50mg **2**% Total Carbohydrate 19g **7**% Dietary Fiber <1g 3% **Total Sugars 12g** Incl. 10g Added Sugars 20% **Protein** <1g Vit. D 0mcg 0% • Calcium 0mg 0% Iron 0.9mg 6%

*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 (FLOUR, NIACIN. REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLI ACID), VEGETABLE OIL SHORTENING (MODIFIED PALM KERNEL MODIFIED PALM, HYDROGENATED COCONUT AND SOYBEAN OILS) COCONUT (COCONUT, SUI FITES (PRESERVATIVE)), CORN SYRUE LOUGHUI (GUCUHI), SULFIES PIERSERVATIVE)), COVIN STAND INVERT SUGAR, SWEETENED CONDENSED MILK (MILK, SUGAR), DEXTROSE, COCOA (PROCESSED WITH ALKALI), SORBITOL, WHEY (MILK), GLYCERIN, SALT, SOY LECTHIN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE). NATURAL AND ARTIFICIAL FLAVOR

CONTAINS: WHEAT, MILK, SOY, COCONUT. MANUFACTURED IN A SHARED FACILITY WITH: DIET EXCHANGE: 1 Carbohydrate. 1.5 Fats

About 10 servings per container Serving size 4 cookies (27g)

Calories **Total Fat** 4.5g Saturated Fat 2g *Trans* Fat 0g Cholesterol Omg 0% Sodium 110mg **5**% **7**%

Total Carbohydrate 20g Dietary Fiber 0g 0% Total Sugars 6g Incl. 5g Added Sugars

Vit. D 0mcg 0% • Calcium 0mg 0% Iron 1.3mg 8% • *The % Daily Value (DV) tells you how much a nutrien

calories a day is used for general nutrition advice. INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, WHEY (MILK), CORN SYRUP, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORNSTARCH, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN. CONTAINS: MILK, SOY, WHEAT. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT.

DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Nutrition Facts About 7 servings per container Serving size 3 cookies (34g)

Calories **Total Fat** 7g Saturated Fat 2.5g **13**% Trans Fat 0g **Cholesterol** 0mg Sodium 85ma 4% Total Carbohydrate 22g 8%

Dietary Fiber 1g Total Sugars 9g Incl. 8g Added Sugars 16% **Protein** 3g Vit. D Omcg 0% • Calcium Omg 0% Iron 1.1mg 6% • *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

INGREDIENTS: ENRICHED WHEAT FLOUR (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, BAXING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

calories a day is used for general nutrition advice.

CONTAINS: MILK, SOY, WHEAT, PEANUTS. MANUFACTURED IN A SHARED FACILITY WITH DIET EXCHANGE

When you buy **Girl Scout cookies** you are creating opportunities for Girl Scouts to learn, grow,

Goodbye, sweet friend!

!yewe gniog si

toast-yay!®

girl scouts

and thrive. From learning how to interact with customers to creating budgets and taking orders, the Girl Scout **Cookie Program** teaches Girl Scouts invaluable skills that they'll need to succeed throughout their lives.

Plus, the proceeds stay local and help build the next generation of entrepreneurs.







Nutrition Facts 4 servings per container Serving size 3 cookies (35g)

160 Calories % Daily Value **Total Fat** 7g Saturated Fat 3g **15**% Trans Fat 0g **Cholesterol** 0mg 0% Sodium 95ma 4% Total Carbohydrate 22g 8%

Dietary Fiber 2g **Total Sugars 11g** Incl. 9g Added Sugars 18% /it. 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, SUGAR, SEMI-SWEET CHOCOLATE CHIPS (GUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SUNFLOWER LECITHIN), CANOLA OIL, WATER, COCONUT OIL, TAPIOCA STARCH, DEFATTED CHICKPEA FLOUR, INVERT SUGAR, MOLASSES, SUNFLOWER LECITHIN, SEA SALT, NATURAL ELAVOR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), XANTHAN GUM, CREAM

DIET EXCHANGE rates, 1.5 Fats

(Up **(**H

7%

Find us on social! f FACEBOOK/@GIRLSCOUTSUSA

f FACEBOOK/@ABCBAKERS

f FACEBOOK/@LEMONADES

Adventurefuls®

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

Approx. Ct. 15 Net Wt. 6.5 oz. (184g) 2 cookies (25g) per serving 130 calories per serving



Toast-Yay!®

French Toast-inspired cookies dipped in delicious icing

Approx. Ct. 16 Net Wt. 8.5 oz. (241g) 2 cookies (31g) per serving 150 calories per serving



Lemonades®

NATURALLY AND ARTIFICIALLY FLAVORED Savory slices of shortbread with a refreshingly tangy lemon flavored icing

Approx. Ct. 16 Net Wt. 8.5 oz. (241g) 2 cookies (31g) per serving 150 calories per serving

FAN FAVORITE

Trefoils®

Iconic shortbread cookies inspired by the original Girl Scout recipe

Approx. Ct. 40 Net Wt. 9 oz. (255g) 4 cookies (27g) per serving



vegan

Thin Mints®

Crispy chocolate wafers dipped in a mint chocolaty coating

Net Wt. 9 oz. (255g) 4 cookies (33g) per serving 160 calories per serving

BEST SELLER!

Peanut Butter Patties[®]

Crispy cookies layered with peanut butter and covered with a chocolaty coating

Approx. Ct. 15 Net Wt. 6.5 oz. (184g) 130 calories per serving

Caramel deLites®

Crispy cookies topped with caramel, toasted coconut, and chocolaty stripes Approx. Ct. 15 Net Wt. 7 oz. (198g) 2 cookies (28g) per serving 140 calories per serving

BEST SELLER!

Peanut Butter Sandwich

cookies with creamy peanut

Approx. Ct. 20 Net Wt. 8 oz. (227g)



of sea salt in a delicious cookie Approx. Ct. 12 Net Wt. 5 oz. (142g) 3 cookies (35g) per serving

160 calories per serving **GLUTEN-FREE!**





\$5.00

Per Package

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Girl Scout Cookie[™] proceeds stay local to power unique and amazing year-round adventures for girls in your local community.