# Girl Scout

2025

Cookie Program

# qoorT

First Name

**anilnO** My Goal

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GirlScoutCookies.org

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

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#### Calories 130 **Total Fat** 6g 8%

Saturated Fat 4.5g 23% Trans Fat Og Cholesterol Omo 0% Sodium 55mg 2% Total Carbohydrate 18 7% Dietary Fiber Og 0%

Total Sugars 11g Incl. 11g Added Sugars 22% Protein <1g

Vit. D Omcg 0% Calcium Omg 0% Iron 1.1ma 6% Potas. 0mg 0% The % Daily Value (DV) tells you how much a nutrien n a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

IENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NA D IROM THIAMINE MONONITRATE, RIBOFLAVIN, FI REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, VEGETABLE OIL SHORTENING (PALM KERNEL AND PALM OILS), COCOA (PROCESSED WITH ALKALI), CORNISTARCH, CARAMEL COLOR, MOLASSES, CORN SYRUP, SALT, SO'V LEOTHIN, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (BAKING SODA), SEA SALT, APRIKA OLEORESIN (COLOR)

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

#### 150 Calories **Total Fat** 6g

8% Saturated Fat 4.5g 23% Trans Fat Og Cholesterol Omo 0% Sodium 95mg 4% Total Carbohydrate 22g 8% Dietary Fiber Og 0% Total Sugars 11g

Incl. 11g Added Sugars 22% Protein 1g Vit. D Omcg 0% Calcium Omg 0%

Iron 1mg 6% Potas. 0mg 0% \*The % Daily Value (DV) tells you how much a nutrien 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), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, FOOD STARCH-MODIFIED, NATURAL FLAVOR, SOY LECITHIN, MAPLE

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130

% Daily Value

9%

20%

0%

3%

5%

3%

16%

Potas. 0mg 0%

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

Nutrition Facts

About 7 servings per container

Serving size 2 cookies (25g)

DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Calories

Saturated Fat 4g

Total Carbohydrate 15g

Incl. 8g Added Sugars

Vit. D Omcg 0% 

Calcium Omg 0%

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

INGREDIENTS: SUGAR, PEANUT BUTTER (PEANUTS, HYDROGENATEL 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, MONOCALCIUN PHOSPHATE, AMMONIUM BICARBONATE), SOY LECITHIN, SALT NATURAL AND ARTIFICIAL FLAVOR.

MANUFACTURED IN A SHARED FACILITY WITH:

CONTAINS: SOY, WHEAT, PEANUTS.

Dietary Fiber <1g

Total Sugars 9g

Trans Fat Og

Cholesterol Omg

Sodium 75mg

Protein 2g

Iron 0.9mg 6%

**Total Fat** 7g

**Total Fat** 7g

**Nutrition Facts** About 8 servings per container Serving size 2 cookies (31g)

#### 150 Calories Calories

Total Fat 4.5g 9% Saturated Fat 4.5 23% Saturated Fat 2g Trans Fat Og Trans Fat Og Cholesterol Omo 0% Cholesterol Omo Sodium 110mg Sodium 70mg 3% Total Carbohydrate 21g Total Carbohydrate 2 8% Dietary Fiber Og 0% Dietary Fiber Og Total Sugars 9g Total Sugars 6 Incl. 9g Added Sugars 18% Incl. 5g Added Sugars Protein 1g

Protein 1g Vit. D Omcg 0% Calcium Omg 0% Potas. 0mg 0% Iron 1.1mg 6%

Vit. D Omcg 0% Iron 1.3mg 8% The % Daily Value (DV) tells you how much a nutrien The % Daily Value (DV) tells you how much a nutrien in a serving of food contributes to calories a day is used for general i n a serving of food contributes to a daily diet. 2,000 alories a day is used for general nutrition advice. outes to a daily diet. 2,000

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THAAIME MONONTRATE, RIBOFLAVIN, FOUC ADD), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL OLS, CONSTADEC, CONSTADEC, CONSTADE, CONSTADEC, INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAINME MONONITRATE, RIBOFLAVIN, FOUC ACID, SUGAR, PALM OIL, WHEY (MILK), CORN SYRUP, LEAVENING GRAVINS SODA, SODIUM ACID PYROHOSPHATE), CORNSTARCH, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN. NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY EXTRACT (COLOR), CITRIC ACID, MALIC ACID

INS: MILK, SOY, WHE ACTURED IN A SHAR

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

Serving size 3 cookies (35g)

4 servings per container



120

6%

0%

5%

7%

0%

10%

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Calcium Omg 0%

Potas. 0mg 0%

10%

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#### ver cookie

a plan for safeguarding money.

**Safe Seller Tips** 

Wear the Girl Scout membership pin, vest, sash

or other Girl Scout clothing to identify yourself

Always use the buddy system. It's not just safe,

Be prepared for emergencies, and always have

Girl Scouts' last names, home addresses, and

Protect customers' privacy by not sharing their

information, except when necessary.

email addresses should never be given to customers.

**1** Show you're a Girl Scout

**Girl Scouts** 

as a Girl Scout

its more fun.

4 Protect Privacy

**In Person** 

**3** Plan Ahead

2 Buddy Up

#### **2** Sell in the Daytime

**1** Partner with Adults

Sell during daylight hours, unless accompanied by an adult.

#### **3** Do Not Enter Any Homes or Vehicles

Adults must accompany Girl Scout Daisies,

Brownies and Juniors. Girl Scouts in grades 6-12

must be supervised by an adult and must never

Never enter someone's home or vehicle. Only approach vehicles at designated drive-thru cookie booths.

#### 4 Be Streetwise

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

#### 5 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

#### **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.

#### **3** 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.

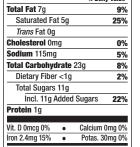
INS: WHEAT, SOY. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK. DIET EXCHANGE: 1 Carbohydrate, 1 Fat



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





## The % Daily Value (DV) tells you how much a nutrien 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 REDUCED INTO, THIAMINE MONONITIATE, MIBUFLAVIN, FUIC ACID, SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL OLG, COCA (PROCESSED WITH ALKAL), CARAMEL COLOR, INVERT SUGAR, SALT, LEAVENING (BAKING SODA), SOY LECITIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR. MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT. DIET EXCHANGE: CONTAINS: WHEAT, SOY

1.5 Carbohydrates, 1.5 Fats

	MILK, COCONUT.
006	DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT. DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

ITAINS: SOY, WHEAT.

**Total Fat** 7g

*Trans* Fat Og

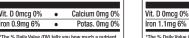
Sodium 50mg

Protein <1g

ron 0.9mg 6%







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

## INGREDIENTS: SUGAE, ENRICHED WHEAT FLOUR, FLOUR, NACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBORLAWN, FOLC ADD, VESTABLE GU. SHORTENING, MONTEED PALM, MENREL, MODRED PALM, HORDORENTED COCONIT AND SOMERN OLS, COCONIT, COCONIT, SULTES (PRESENTATIVE), CORN STRUP, INVERT SUGAE, SWEETENED CONDENSED MILK, MILK, SUGAR), DETRORSE, COCAPORADISSED MILK, MILK, SUGAR), MONCACI CUM PROPENATE, NATIRA AND ARTIFICIAL IF AVIR. MILKO, ALYCENN, SALT, SOY LECTHIN, LEAVENING RAVING SOM

MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR CONTAINS: WHEAT, MILK, SOY, COCONUT. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS. MANUFACTURED IN A SHARED FACILITY WITH DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

DIET EXCHANGE 1.5 Carbohydrates, 1 Fat





% Daily Value

**q**%

	• /0
Saturated Fat 2.5g	13%
<i>Trans</i> Fat Og	
olesterol Omg	0%
<b>dium</b> 85mg	4%
al Carbohydrate 22	g 8%
Dietary Fiber 1g	4%
Total Sugars 9g	
Incl. 8g Added Sug	gars <b>16%</b>
<b>tein</b> 3g	
D Omcg 0% • 0	Calcium Omg 0%
1 1 001	B 1 0 001

Potas. Omg 0% The % Daily Value (DV) tells you how much a nutrien in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCE IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANU M, Inhamme Wolfowithate, Niddeawin, Folio Acud, Peano Tter (Peanuts, Hydrogenated Palm Oil, Corn Syrup Solids, TJ, Sugar, WHOLE Gran Oats, Palm Oil Shortenng, Dextrose, Germed Yellow Corn Flour, Leavening (Ammonium) BICARBONATE, BAKING SODA, SODIJM ACID PYROPHOSPHATE), CORI SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK) SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR. CONTAINS: MILK, SOY, WHEAT, PEANUTS.

#### 160 Calories % Daily Value **Total Fat** 7g 9% Saturated Fat 3g 15% Trans Fat Og Cholesterol Omg 0% Sodium 95mg 4% Total Carbohydrate 22g 8% Dietary Fiber 2g 7% Total Sugars 11g Incl. 9g Added Sugars 18% Protein 3g Vit. D Omcg 0% Calcium Omg 0% Iron 1.4mg 8% Potas. 110mg 29 ٠ \*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 (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, Loudan, UNISWEELENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SUNE.OWELECTHINI, CANOLA OIL, WATER, COCONIT OIL, TAPOCA STADCH, DEFATED CHICKER ALCON, INVERT SUGAR, MOLASSES, SUNE-IOWER LECITINI, SEA SALT, NATURAL FLAVOR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), XANTHAN GUM, CREAM OF TARTIAR.

## DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

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**Find us on social! f** FACEBOOK/@GIRLSCOUTSUSA

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**f** FACEBOOK/@ABCBAKERS | **f** FACEBOOK/@LEMONADES

## **Adventurefuls**<sup>®</sup>

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



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



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#### 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**<sup>®</sup>

Iconic shortbread cookies inspired by the original

Approx. Ct. 40 Net Wt. 9 oz. (255g) 4 cookies (27g) per serving 120 calories per serving



Approx. Ct. 32 Net Wt. 9 oz. (255g) 4 cookies (33g) per serving 160 calories per serving

**BEST SELLER!** 

## **Peanut Butter Patties**<sup>®</sup>

Crispy cookies layered with peanut butter chocolaty coating Approx. Ct. 15 Net Wt. 6.5 oz. (184g) 2 cookies (25g) per serving 130 calories per serving

## Caramel deLites<sup>®</sup>

Crispy cookies topped with caramel, toasted coconut, and chocolaty stripes State State

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**Per Package** \*Gluten Free \$6.00

$\begin{array}{c} 5.00 \\ \hline 1 \text{ PKG.} \end{array}  \begin{array}{c} 10.00 \\ \hline 2 \text{ PKG.} \end{array}  \begin{array}{c} 15.00 \\ \hline 3 \text{ PKG.} \end{array}  \begin{array}{c} 20.00 \\ \hline 4 \text{ PKG.} \end{array}  \begin{array}{c} \\ \end{array}$		5 PKG. $\Psi$ 6 PKG.		PKG.	4	8 Pl	KG.	Ф 9 ркс		G.			φ.	<b>P</b> 11 PKG.	\$ <u>60</u> 12		
First Name Troop # Adult Contact's Name Adult Phone Number			Donate Cookie Packages	Adventurefuls®	Toast-Yay!®	Lemonades®	Trefoils®	Thin Mints®	Peanut Butter Patties®	Caramel deLites®	Peanut Butter Sandwich	Caramel Chocolate Chip* *while supplies last	Total Packages	Amount Due		Check when Paid	
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Approx. Ct. 15 Net Wt. 7 oz. (198g) 2 cookies (28g) per serving 140 calories per serving

**BEST SELLER!** 

## **Peanut Butter** Sandwich

Crisp and crunchy oatmeal

Approx. Ct. 20 Net Wt. 8 oz. (227g) 3 cookies (34g) per serving 170 calories per serving

## Caramel **Chocolate** Chip

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS Caramel, semi-sweet chocolate chips, and a hint 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!** 

Girl Scout Cookie<sup>™</sup> proceeds stay local to power unique and amazing year-round adventures for girls in your local community.

Insert QR Code or URL