

# Girl Scout Cookie Program

2025

girl scouts

ABC BAKERS

First Name

Troop #

My Goal

Online

GirlScoutCookies.org

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toast-yay!  
is going away!  
Goodbye, sweet friends!



## 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 [girlscoutcookies.org/troopleaders](https://girlscoutcookies.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](https://abcsmartcookies.com).

<b>Adventurefuls®</b> NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS. Indulgent brownie-inspired cookies with caramel flavored crème and a hint of sea salt.	
<b>Nutrition Facts</b>	
About 7 servings per container <b>Serving size 2 cookies (25g)</b>	
Amount per serving	
<b>Calories 130</b>	
	% Daily Value*
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 18g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars 11g</b>	
Incl. 11g Added Sugars	<b>22%</b>
<b>Protein &lt;1g</b>	
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 (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (PALM KERNEL AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CORNSTARCH, CARAMEL COLOR, MOLASSES, CORN SYRUP, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (BAKING SODA), SEA SALT, PAPRIKA OLEORESIN (COLOR).  
**CONTAINS: WHEAT, SOY.**  
**MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK.**  
**DIET EXCHANGE:**  
1 Carbohydrate, 1 Fat

<b>Thin Mints®</b> Crispy chocolate wafers dipped in a mint chocolate coating.	
<b>Nutrition Facts</b>	
About 8 servings per container <b>Serving size 4 cookies (33g)</b>	
Amount per serving	
<b>Calories 160</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber <1g	<b>2%</b>
<b>Total Sugars 11g</b>	
Incl. 11g Added Sugars	<b>22%</b>
<b>Protein 1g</b>	
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 KERNEL 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

<b>Toast-Yay!®</b> French Toast-inspired cookies dipped in delicious icing.	
<b>Nutrition Facts</b>	
About 8 servings per container <b>Serving size 2 cookies (31g)</b>	
Amount per serving	
<b>Calories 150</b>	
	% Daily Value*
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars 11g</b>	
Incl. 11g Added Sugars	<b>22%</b>
<b>Protein 1g</b>	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 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 (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, ANNATTO EXTRACT (COLOR), CARAMEL COLOR.  
**CONTAINS: WHEAT, SOY.**  
**MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.**  
**DIET EXCHANGE:**  
1.5 Carbohydrates, 1.5 Fat

<b>Peanut Butter Patties®</b> Crispy cookies layered with peanut butter and covered with a chocolate coating.	
<b>Nutrition Facts</b>	
About 7 servings per container <b>Serving size 2 cookies (25g)</b>	
Amount per serving	
<b>Calories 130</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber <1g	<b>3%</b>
<b>Total Sugars 9g</b>	
Incl. 8g Added Sugars	<b>16%</b>
<b>Protein 2g</b>	
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:** SUGAR, PEANUT BUTTER (PEANUTS, HYDROGENATED PALM OIL, CORN SYRUP SOLIDS, SALT), ENRICHED WHEAT FLOUR (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: MILK, COCONUT.**  
**DIET EXCHANGE:**  
1 Carbohydrate, 1.5 Fats

<b>Lemonades®</b> NATURALLY AND ARTIFICIALLY FLAVORED. Savory slices of shortbread with a refreshingly tangy lemon flavored icing.	
<b>Nutrition Facts</b>	
About 8 servings per container <b>Serving size 2 cookies (31g)</b>	
Amount per serving	
<b>Calories 150</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars 9g</b>	
Incl. 9g Added Sugars	<b>18%</b>
<b>Protein 1g</b>	
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 (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, 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

<b>Caramel deLites®</b> Crispy cookies topped with caramel, toasted coconut, and chocolate stripes.	
<b>Nutrition Facts</b>	
About 7 servings per container <b>Serving size 2 cookies (28g)</b>	
Amount per serving	
<b>Calories 140</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 19g</b>	<b>7%</b>
Dietary Fiber <1g	<b>3%</b>
<b>Total Sugars 12g</b>	
Incl. 10g Added Sugars	<b>20%</b>
<b>Protein &lt;1g</b>	
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:** SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (MODIFIED PALM KERNEL, MODIFIED PALM, HYDROGENATED COCONUT AND SOYBEAN OILS), COCONUT (COCONUT, SULFITES (PRESERVATIVES), CORN SYRUP, INVERT SUGAR, SWEETENED CONDENSED MILK (MILK, SUGAR), DEXTROSE, COCOA (PROCESSED WITH ALKALI), SORBITOL, WHEY (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

<b>Trefoils®</b> Iconic shortbread cookies inspired by the original Girl Scout recipe.	
<b>Nutrition Facts</b>	
About 10 servings per container <b>Serving size 4 cookies (27g)</b>	
Amount per serving	
<b>Calories 120</b>	
	% Daily Value*
<b>Total Fat 4.5g</b>	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars 6g</b>	
Incl. 5g Added Sugars	<b>10%</b>
<b>Protein 1g</b>	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.3mg 8%	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 (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

<b>Peanut Butter Sandwich</b> Crispy and crunchy oatmeal cookies with creamy peanut butter filling.	
<b>Nutrition Facts</b>	
About 7 servings per container <b>Serving size 3 cookies (34g)</b>	
Amount per serving	
<b>Calories 170</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Total Sugars 9g</b>	
Incl. 8g Added Sugars	<b>16%</b>
<b>Protein 3g</b>	
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 (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), 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, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, 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

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.

<b>Caramel Chocolate Chip</b> Crispy and crunchy oatmeal cookies with caramel, chocolate chips, and a hint of sea salt in a delicious cookie.	
<b>Nutrition Facts</b>	
4 servings per container <b>Serving size 3 cookies (35g)</b>	
Amount per serving	
<b>Calories 160</b>	
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars 11g</b>	
Incl. 9g Added Sugars	<b>18%</b>
<b>Protein 3g</b>	
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, SUGAR, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SUNFLOWER LECITHIN), CANOLA OIL, WATER, COCONUT OIL, TAPIOCA STARCH, DESPATED CHOCOLATE FLOUR, INVERT SUGAR, MALTASES, SUNFLOWER LECITHIN, SEA SALT, NATURAL FLAVOR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), XANTHAN GUM, CREAM OF TARTAR.  
**DIET EXCHANGE:**  
1.5 Carbohydrates, 1.5 Fats



