

Girl Scout Cookie Program

2026



girl scouts

GirlScoutCookies.org

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First Name	Troop #	My Goal	Online
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Safe Seller Tips

Girl Scouts

- Show you're a Girl Scout**
Make sure Girl Scouts wear their uniforms, other Girl Scout–branded clothing, or their membership pin to clearly 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**
Girl Scouts should never sell or deliver cookies alone. Daisies, Brownies, and Juniors must be accompanied by an adult. Cadettes, Seniors, and Ambassadors need adult oversight for sales and must have approval for deliveries, always bringing a buddy along.
- 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 girlscouts.org/cookieresources.

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 7 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 0.6mg 4%	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 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, MILK.
DIET EXCHANGE:
1 Carbohydrate, 1 Fat

Thin Mints® Crispy chocolate wafers dipped in a mint chocolatey coating	
Nutrition Facts	
About 8 servings per container Serving size 4 cookies (33g)	
Amount per serving	
Calories 160	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Incl. 11g Added Sugars	22%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.4mg 8%	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 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.
DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Exploremores™ NATURALLY AND ARTIFICIALLY FLAVORED Sandwich cookies with chocolate, marshmallow, and almond flavored crème	
Nutrition Facts	
About 7 servings per container Serving size 3 cookies (36g)	
Amount per serving	
Calories 180	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber <1g	2%
Total Sugars 14g	
Incl. 14g Added Sugars	28%
Protein 1g	
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: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, INVERT SUGAR, CARAMEL COLOR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SOY LECITHIN, SALT, PEANUT FLOUR, WHEY (MILK), NATURAL AND ARTIFICIAL FLAVOR, VITAMIN C (ANTIOXIDANT).
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fat

Peanut Butter Patties® Crispy cookies layered with peanut butter and covered with a chocolatey 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 <1g	3%
Total Sugars 9g	
Incl. 8g Added Sugars	16%
Protein 2g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.7mg 4%	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, EGGS.
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	
About 8 servings per container Serving size 2 cookies (31g)	
Amount per serving	
Calories 150	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 9g	
Incl. 9g Added Sugars	18%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.6mg 4%	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 (BAKING SODA, MONOCALCIUM PHOSPHATE), SOY LECITHIN, CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, ANNATTO EXTRACT (COLOR).
CONTAINS: SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS.
DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Caramel deLites® Crispy cookies topped with caramel, toasted coconut, and chocolatey stripes	
Nutrition Facts	
About 7 servings per container Serving size 2 cookies (28g)	
Amount per serving	
Calories 140	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber <1g	3%
Total Sugars 12g	
Incl. 9g Added Sugars	18%
Protein <1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.7mg 4%	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, PALM, HYDROGENATED COCONUT AND SOYBEAN OILS), COCONUT (COCONUT, SULFITES (PRESERVATIVE)), 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.
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 (27g)	
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 2g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.8mg 4%	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.
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 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 9g	
Incl. 8g Added Sugars	16%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.8mg 4%	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), 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, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
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.

Find us on social!

f FACEBOOK/@GIRLSOUTSUSA

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

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



Exploremores™
NATURALLY AND
ARTIFICIALLY FLAVORED
Sandwich cookies with
chocolate, marshmallow,
and almond flavored creme

Approx. Ct. 20
Net Wt. 8 oz. (226g)
3 cookies (36g) per serving
180 calories per serving

NEW COOKIE!

Approx. Ct. 20
Net Wt. 8 oz. (226g)
3 cookies (36g) per serving
180 calories per serving



NEW COOKIE!

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

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
120 calories per serving

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



Thin Mints®

Crispy chocolate
wafers dipped in a mint
chocolaty coating

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

BEST SELLER!

made with
vegan
ingredients

Approx. Ct. 32
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)
2 cookies (25g) per serving
130 calories per serving

made with
vegan
ingredients

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

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 cookies with creamy peanut butter filling

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



Per Package

First Name _____ Troop # _____ Adult Contact's Name _____ Adult Phone Number _____				Donate Cookie Packages	Adventurefuls®	Explorenores™	Lemonades®	Trefoils®	Thin Mints®	Peanut Butter Patties®	Caramel deLites®	Peanut Butter Sandwich	Total Packages	Amount Due	Check when Paid					
#	Last Name (Print)	Address	Phone/Email	Number of Packages									✓							
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50														50						
			Total	Total in red square must equal both across and down.															Amount Due	

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