# 2023 Girl Scout Cookies®

#### All our cookies have...

- · NO High-Fructose Corn Syrup
- NO Partially Hydrogenated Oils (PHOs)
- · Zero Grams Trans Fat per Serving
- · RSPO Certified (Mass Balance) Palm Oil
- · Halal Certification

#### **Adventurefuls**™

· Real Cocoa

Indulgent brownie-inspired cookies with caramel flavored crème and a hint of sea salt

Approximately 15 cookies per 6.3 oz. pkg.



#### **Lemon-Ups®**

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

Crispy lemon flavored cookies with inspiring messages to lift your spirits

Approximately 12 cookies per 6.2 oz. pkg. (U)D



#### **Trefoils®**

Iconic shortbread cookies inspired by the original Girl Scout recipe

Approximately 38 cookies per 9 oz. pkg.



#### Do-si-dos®

- Real Peanut ButterWhole Grain Oats

#### Oatmeal sandwich cookies with peanut butter filling

Approximately 20 cookies per 8 oz. pkg (U)D

\$5

#### Samoas®

 Real Cocoa Real Coconut

Crisp cookies with caramel, coconut and dark chocolaty stripes

Approximately 15 cookies per 7.5 oz. pkg.



#### **Tagalongs**®

- Real Cocoa
- Real Peanut Butter

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

Approximately 15 cookies per 6.5 oz. pkg. (U)D

### **Thin Mints**®

- Made with Vegan Ingredients

### Crisp, chocolaty cookies made with natural oil

Approximately 30 cookies per 9 oz. pkg.



### **Girl Scout** S'mores

- · Made with Natural Flavors
- · Real Cocoa

Graham sandwich cookies with chocolaty and marshmallowy flavored filling

Approximately 16 cookies per 8.5 oz. pkg. (U)D

**\$6** 



### Toffee-tastic®

• No Artificial Flavors

#### Rich, buttery cookies with sweet, crunchy toffee bits

Approximately 14 cookies per 6.7 oz. pkg.



### Raspberry Rally™

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

Made with Vegan Ingredients

Thin, crispy cookies infused with raspberry flavor, dipped in chocolaty coating Approximately 30 cookies per 9 oz. pkg. (U)

**EXCLUSIVELY SOLD ONLINE FOR SHIPMENT ONLY** 



RSPO-1106186

Product formulations can change at any time. We encourage you to check the ingredient statement on each package you purchase for the most up-to-date  $information\ on\ the\ ingredients\ contained$ in the product in that package. For more details, check with Little Brownie Bakers or visit girlscoutcookies.org.

Although the use of palm oil in Little Brownie Bakers' Girl Scout Cookies\* is limited, the palm oil used in our Girl Scout products is Certified Mass Balance palm oil. The Mass Balance System ensures that the palm oil Little Brownie Bakers uses contributes to the production of environmentally responsible, socially beneficial and economically viable palm oil. For more information please visit the Little Brownie Bakers website.





#### Adventurefuls<sup>™</sup> Lemon-Ups<sup>®</sup>

### **Nutrition Facts**

About 7 servings per container Serving size 2 cookies (24q)

**120 Calories** 

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 3.5g	18%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 80mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	3%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 1g	

Iron 1.2mg 6% Potas 60ma 2% \*The % Daily Value 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.

Calcium 10mg 0%

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (SOYBEAN, PALM AND PALM KERNEL) COCOA PROCESSED WITH ALKALL SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCOA, NONFAT MILK, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPRIKA

CONTAINS WHEAT SOY AND MILK INGREDIENTS MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGG.

Vit. D Omcg 0%



### **Nutrition Facts**

About 6 servings per container Serving size 2 cookies (29q)

Amount per serving

Calories	140
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat Og	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1.5g	
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber Og	0%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein</b> 1g	

The % Daily Value 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

Potas

• Calcium Omg 0%

10ma 0%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID) SUGAR SOYREAN AND PALM OIL CONTAINS 2% OR LESS OF NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ACID
PYROPHOSPHATE), ANNATTO EXTRACT COLOR, SOY LECITHIN, CITRIC ACID, WHEY PROTEIN CONCENTRATE, PROPYLENE GLYCOL ALGINATE, FRUCTOSE, MALIC ACID.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS. MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS AND EGG.

Vit. D Omcq 0%

Iron 0.7mg 4%



#### Trefoils<sup>®</sup>

### **Nutrition Facts**

About 8 servings per container Serving size 5 cookies (32g)

Amount per serving Calories	160
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat Og	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
Cholesterol Omg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 2g	

The % Daily Value 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.

Potas

• Calcium 5mg 0%

35ma 0%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID) SOVREAN AND PALM OIL SUGAR CONTAINS 2% OR LESS OF BROWN SUGAR (SUGAR, MOLASSES), SWEETENED CONDENSED MILK (MILK, SUGAR), BUTTERMILK, SALT, NATURAL AND ARTIFICIAL FLAVORS, RAKING SODA SOV I FOITHIN

CONTAINS WHEAT, MILK AND SOY INGREDIENTS. MANUFACTURED IN A SHARED FACILITY WITH PEANUTS. TREE NUTS & EGG.

Vit. D 0mcg 0%

1ma 4%

#### Do-si-dos®

Amount per serving

## **Nutrition Facts**

About 6 servings per container Serving size 3 cookies (34g)

400

Calories	Ibu
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat Og	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2.5g	
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 10g Added Sugar	s <b>20</b> %
Protein 3g	

Vit. D 0mcg 0% • Calcium 15mg 0% Iron 0.8mg 4% Potas

The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 ITHIAMIN MONONITRATELVITAMIN B2 IRIBOFLAVINI. FOLIC ACID), SUGAR, WHOLE GRAIN OATS, SOYBEAN AND PALM OIL PEANUT BUTTER (PEANUTS, HYDROGENATED PALM OIL), DEXTROSE, INVERT SUGAR, CONTAINS 2% OR LESS OF WHEY, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, NATURAL (U)D

MANUFACTURED IN A SHARED FACILITY



#### Samoas®

About 7 servings per container

Serving size	2 cookies (29g)
Amount per serving Calories	150
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 6g	30%
Trans Fat Og	
Polyunsaturated Fat	1g
Monounsaturated Fa	at 1g
Cholesterol Omg	0%
Sodium 60mg	3%
Total Carbohydrate	18g <b>7%</b>
Dietary Fiber Og	0%
Total Sugars 11g	
Includes 10g Add	ed Sugars 20%
Protein 1g	
Vit. D 0mcg 0% •	Calcium 10mg 0%

The % Daily Value 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.

Potas.

INGREDIENTS: SUGAR, VEGETABLE OIL (PALM KERNEL, PALM AND SOYBEAN OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON VITAMIN B1 [THIAMIM MONOMTRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, COCONUT, SWEETENED CONDENSED MILK (MILK, SUGAR), CONTAINS 2% OR LESS OF SORBITOL, COCOA, GLYCERIN, INVERT SUGAR, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SALT, CARAMEL FLAVORS, SOY LECTHIN.

CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS.

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SOBBITAN TRISTERARTE, LEAVENING (BAKING SODA, MONOCALCIUM BURGERIEST)

DISTRICT RESERVANT CARRACTERS AND ARTIFICIAL FLAVORS, SOY LECTH SUBJECT TO THE PROPERTY OF THE PROPERTY O

CONTAINS WHEAT, COCONUT, MILK AND SOY INGREDIENTS. (U) D

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS. TREE NUTS & EGG.

Iron 0.6mg 2%



45ma 0%

### Tagalongs®

### Nutrition Facts

About 7 servings per container

Serving size	2 cookies (25g)
Amount per serving Calories	140
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat	0g
Monounsaturated Fa	t 2.5g

, ,	
Monounsaturated Fat 2.5g	
Cholesterol Omg	09
Sodium 80mg	39
Total Carbohydrate 13g	59
Dietary Fiber 1g	49
Total Sugars 8g	

Includes 7g Added Sugars

Protein 3a

Vit. D Omcg 0% Calcium 0mg 0% Iron 0.7mg 2% Potas. 60mg 0%

\*The % Daily Value 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: PEANUT BUTTER (PEANUTS, SUGAR, HYDROGENATED PALM OIL, SALT), SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (PALM KERNEL, PALM AND SOYBEAN OIL), COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, CORNSTARCH, SALT, SORBITAN TRISTEARATE, SOY LECITHIN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVORS, WHEY, PARTIALLY DEFATTED PEANUT FLOUR

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS. (U) D MANUFACTURED IN A SHARED FACILITY WITH TREE NUTS & EGG.



14%

#### Thin Mints® MADE WITH VEGAN INGREDIENTS

## **Nutrition Facts**

About 8 servings per container Serving size 4 cookies (31g)

Calories	160
	% Daily Value
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat Og	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol Omg	0%
Sodium 120mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber <1g	3%
Total Sugars 10g	
Includes 9g Added Sugars	18%
B 1: 0	

Protein 2a

Vit. D Omca 0% Calcium 10mg 0% Iron 1.2mg 6% Potas. 40mg 0%

\*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID) SLIGAR VEGETARI E DIL (PALM KERNEL PALM AND SOVREAN DIL) AUDI, SIDBH, YEDERBELE UI, IPALIN RETRIEL, PIALIN MINU SUITORA UILI,
SOURAN, CHINDONNEL, MUCHADOLA, SINCEL, MONTANELA,
SOLOCIA, CARAMELE, COLO, CONTAINS, YOR OLESS OF COCOA PROCESSES O
SONA, COCOA PROSESSE ON WITH ALKALI, SOV LECT
WITH ALKALI, INVERT SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM
CONTAINS WHEAT, SOY AND MILK INGREDIENTS. PHOSPHATE), CORNSTARCH, SALT, SORBITAN TRISTEARATE, SOY LECITHIN, MANUFACTURED IN A SHARED FACILITY NATURAL AND ARTIFICIAL FLAVORS, OIL OF PEPPERMINT,

CONTAINS WHEAT AND SOY INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANLITS TREE NITS, MILK & EGG MADE WITH VEGAN INGREDIENTS.
MADE IN A FACILITY THAT HANDLES NON-VEGAN INGREDIENTS.



### **Nutrition Facts**

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

Calories	<b>150</b>
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat Og	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol Omg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 10g Added Sugar	s <b>20</b> %
Protein 2a	

Vit. D Omca 0% Calcium 0mg 0% Iron 0.8mg 4% Potas. 50mg 0%

\*The % Daily Value 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: GRAHAM FLOUR, SUGAR, PALM OIL, WHEAT FLOUR, CANE SUGAR, CORNSTARCH, COCOA, CONTAINS 2% OR LESS OF INVERT SLIGAR CHOCOLATE MOLASSES SALT NATURAL FLAVORS BAKING SODA, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, WHEY

WITH PEANUTS, TREE NUTS, SESAME & EGG.



# Toffee-tastic®

## **Nutrition Facts**

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

Calories	140
	% Daily Value
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat Og	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 90mg	49
Total Carbohydrate 19g	79
Dietary Fiber Og	0%
Total Sugars 7g	
Includes 7g Added Sugars	149
Protein <1g	

Vit. D Omca 0% Calcium 0mg 0% Iron 0.1mg 0% Potas. 5mg 0%

\*The % Daily Value 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: RICE FLOUR, TAPIOCA STARCH, SUGAR, BUTTER (CREAM, SALT), PALM OIL, BROWN RICE FLOUR, BUTTER TOFFEE BITS (SUGAR, BUTTER ICREAM SALTI CORN SYRUP SOY LECITHIN SALTI INVERT SUGAR, CONTAINS 2% OR LESS OF SALT, SOY LECITHIN, XANTHAN GUM, BAKING SODA.

CONTAINS MILK AND SOY INGREDIENTS. MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, WHEAT & EGG.



## Raspberry Rally MADE WITH VEGAN INGREDIENTS

### Nutrition Facts

About 8 servings per container 4 cookies (31g) Serving size

Amount per serving	160
<u>Calories</u>	IUU
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat Og	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 5mg	1%
Sodium 90mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 9g Added Sugars	19%

Protein 2a

Vit. D Omca 0% Calcium 20mg 2% Iron 1.1mg 6% Potas. 30mg 0%

\*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 ITHIAMIN MONONITRATEI, VITAMIN B2 IRIBOFLAVINI, FOLIC ACID) SLIGAR VEGETARI E OIL (PALM KERNEL PALM AND SOYREAN OIL) COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, COCOA PROCESSED
WITH ALKALI, CORNSTARCH, SALT, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), SOY LECITHIN, CITRIC ACID, NATURAL AND

ARTIFICIAL FLAVORS, RED 40, SORBITAN TRISTEARATE. CONTAINS WHEAT AND SOY INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANLITS TREE NUTS MILK & EGG MADE WITH VEGAN INGREDIENTS.
MADE IN A FACILITY THAT HANDLES NON-VEGAN INGREDIENTS.

