Safe Seller Tips

Girl Scouts

1. **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.

2. **Buddy Up**
Always use the buddy system. It's not just safe, its more fun.

3. **Plan Ahead**
Be prepared for emergencies, and always have a plan for safeguarding money.

4. **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

1. **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.

2. **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**
Become familiar with the areas and neighborhoods where you'll be selling and delivering cookies. Avoid alleys.

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 **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.

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INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM AND PALM KERNEL AND SHORTENING), COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNSTARCH, CARAMEL COLOR, MOLASSES, CORN SYRUP, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, LEAVENING (BAKING SODA), SEA SALT, PAPRIKA OLEORESIN (COLOR).

MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, MILK.

CONTAINS: WHEAT, SOY.

1 Carbohydrate, 1 Fat

DIET EXCHANGE:

About 8 servings per container	
Serving size 4 cookies (33g)	
Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 8g	10%
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 0.9mg 6% • **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.

Thin Mints®
Crispy chocolate wafers dipped in a mint chocolaty coating

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM OLEIN), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: COCOA (PROCESSED WITH ALKALI), CORNSTARCH, INVERT SUGAR, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

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

DIET EXCHANGE:
1 Carbohydrate, 1 Fats

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolaty coating

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANUTS, PALM OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
2 Carbohydrates, 1.5 Fat

Caramel deLites®
Crispy cookies topped with caramel, toasted coconut, and chocolaty stripes

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN SYRUP, LEAVENING (SODIUM ACID PYROPHOSPHATE, AMMONIUM BICARBONATE), 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.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

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

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Peanut Butter Sandwich
Crisp and crunchy oatmeal cookies with creamy peanut butter filling

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEY (MILK), CORN SYRUP, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORNSTARCH, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS.

CONTAINS: MILK, SOY, WHEAT.

1 Carbohydrates, 1 Fat

DIET EXCHANGE:

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 0.5mg 2% • **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.

Trefoils®
Iconic shortbread cookies inspired by the original Girl Scout recipe

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

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

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

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

CONTAINS: WHEAT, SOY.

1 Carbohydrate, 1 Fat

DIET EXCHANGE:

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.

Exploremores®
NATURALLY AND ARTIFICIALLY FLAVORED Rocky road ice cream-inspired cookies filled with flavors of chocolate, marshmallow and toasted nutty creme

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: INVERT SUGAR, CARAMEL COLOR, CORNSTARCH, SALT, LEAVENING (BAKING SODA), NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS.

DIET EXCHANGE:
2 Carbohydrates, 1.5 Fat

Caramel deLites®
Crispy cookies topped with caramel, toasted coconut, and chocolaty stripes

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN SYRUP, LEAVENING (SODIUM ACID PYROPHOSPHATE, AMMONIUM BICARBONATE), 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.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

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

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Peanut Butter Sandwich
Crisp and crunchy oatmeal cookies with creamy peanut butter filling

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: 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 Carbohydrates, 1 Fat

Trefoils®
Iconic shortbread cookies inspired by the original Girl Scout recipe

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolaty coating

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANUTS, PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: INVERT SUGAR, CARAMEL COLOR, CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, ARTIFICIAL FLAVOR (MILK), SOY LECITHIN.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS.

DIET EXCHANGE:
2 Carbohydrates, 1.5 Fat

Exploremores®
NATURALLY AND ARTIFICIALLY FLAVORED Rocky road ice cream-inspired cookies filled with flavors of chocolate, marshmallow and toasted nutty creme

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: INVERT SUGAR, CARAMEL COLOR, CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS.

DIET EXCHANGE:
1 Carbohydrate, 1 Fat

Thin Mints®
Crispy chocolate wafers dipped in a mint chocolaty coating

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND PALM OLEIN), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: COCOA (PROCESSED WITH ALKALI), CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS, MILK.

DIET EXCHANGE:
1 Carbohydrate, 1 Fat

About 8 servings per container	
Serving size 4 cookies (33g)	
Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 8g	10%
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 0.9mg 6% • **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.

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

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

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

CONTAINS: WHEAT, SOY.

1 Carbohydrate, 1.5 Fats

DIET EXCHANGE:

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.

Exploremores®
NATURALLY AND ARTIFICIALLY FLAVORED Rocky road ice cream-inspired cookies filled with flavors of chocolate, marshmallow and toasted nutty creme

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: INVERT SUGAR, CARAMEL COLOR, CORNSTARCH, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

MANUFACTURED IN A SHARED FACILITY WITH:
PEANUTS.

DIET EXCHANGE:
2 Carbohydrates, 1.5 Fat

Caramel deLites®
Crispy cookies topped with caramel, toasted coconut, and chocolaty stripes

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CORN SYRUP, LEAVENING (SODIUM ACID PYROPHOSPHATE, AMMONIUM BICARBONATE), 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.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

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

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.

DIET EXCHANGE:
1.5 Carbohydrates, 1.5 Fats

Peanut Butter Sandwich
Crisp and crunchy oatmeal cookies with creamy peanut butter filling

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: 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.

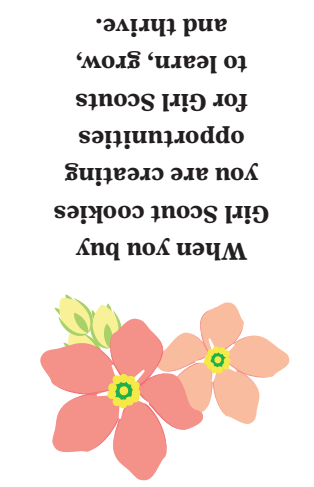
DIET EXCHANGE:
1 Carbohydrates, 1 Fat

Trefoils®
Iconic shortbread cookies inspired by the original Girl Scout recipe

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL AND SHORTENING), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR SYRUP, SWEET WHEY SOLIDS, SALT, SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, 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.

2027 Girl Scout Cookie Program

First Name

Troop #

My Goal

Online

girl scouts | ABC BAKERS

GirlScoutCookies.org







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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



Exploremores®

NATURALLY AND ARTIFICIALLY FLAVORED
Rocky road ice cream-inspired cookies filled with flavors of chocolate, marshmallow and toasted nutty crème

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



Lemonades®

made with vegan ingredients

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
120 calories per serving



Thin Mints®

made with vegan ingredients

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!



Peanut Butter Patties®

made with vegan ingredients

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



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

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



girl scouts | ABC BAKERS

Per Package

First Name _____ Troop # _____

Adult Contact's Name _____

Adult Phone Number _____

#	Last Name (Print)	Address	Phone/Email	Donate Cookie Packages	Adventurefuls®	Exploremores®	Lemonades®	Trefoils®	Thin Mints®	Peanut Butter Patties®	Caramel deLites®	Peanut Butter Sandwich	Total Packages	Amount Due	✔	#
				Number of Packages												
1																1
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50																50
			Total Total in red square must equal both across and down.											Amount Due		

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