

Girl Scout Cookie Program

2025



girlscoutcookies.org

First Name	
Troop #	
My Goal	
Online	

NOTE: These ingredients 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 aboutgirlscoutcookies.com.

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.

AdventureFuls®
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK, EGG, AND SOY.

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 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 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 KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK.
DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Toast-Yay!®
FRENCH TOAST-INSPIRED COOKIES DIPPED IN VANILLA ICE CREAM.

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 95mg 4%
Total Carbohydrate 22g 8%
Dietary Fiber 0g 0%
Total Sugars 11g
Incl. 11g Added Sugars 22%
Protein 1g
Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Lemonades®
NATURALLY AND ARTIFICIALLY FLAVORED. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK, EGG, AND SOY.

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 70mg 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 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Trefoils®
NATURALLY AND ARTIFICIALLY FLAVORED. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK, EGG, AND SOY.

Nutrition Facts
About 10 servings per container
Serving size 4 cookies (27g)
Amount per serving
Calories 120
% Daily Value*
Total Fat 4.5g 9%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 110mg 5%
Total Carbohydrate 20g 7%
Dietary Fiber 0g 0%
Total Sugars 9g
Incl. 9g Added Sugars 10%
Protein 1g
Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: MILK, SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Thin Mints®
CHOCOLATE-FLAVORED COOKIES DIPPED IN VANILLA ICE CREAM.

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 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: WHEAT, SOY.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, PEANUTS, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Peanut Butter Patties®
CHOCOLATE-FLAVORED COOKIES DIPPED IN PEANUT BUTTER.

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 0.9mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: SOY, WHEAT, PEANUTS.
MANUFACTURED IN A SHARED FACILITY WITH: MILK, COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Caramel deLites®
NATURALLY AND ARTIFICIALLY FLAVORED. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT, MILK, EGG, AND SOY.

Nutrition Facts
About 7 servings per container
Serving size 2 cookies (25g)
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 19g 7%
Dietary Fiber <1g 3%
Total Sugars 12g
Incl. 10g Added Sugars 20%
Protein <1g
Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

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

Peanut Butter
CHOCOLATE-FLAVORED COOKIES DIPPED IN PEANUT BUTTER.

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 50mg 2%
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 1.1mg 6% • Potas. 0mg 0%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL OILS, COCONUT OIL), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), MONOGLYCEROL, NATURAL AND ARTIFICIAL FLAVOR, LECITHIN, VANILLA SODA, SEA SALT, PIPERIN, CITRIC ACID, COLORED SUGAR, CARAMEL COLOR, COCOA.

CONTAINS: MILK, SOY, WHEAT, PEANUTS.
MANUFACTURED IN A SHARED FACILITY WITH: COCONUT.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

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



Toast-Yay!®

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



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®

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®

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®

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



\$6.00

Per Package

First Name _____ Troop # _____				Donate Cookie Packages								Amount Due		Check when Paid
Adult Contact's Name _____				Adventurefuls®										
Adult Phone Number _____				Toast-Yay!®										
				Lemonades®										
				Trefoils®										
				Thin Mints®										
				Peanut Butter Patties®										
				Caramel deLites®										
				Peanut Butter Sandwich										
				Total Packages										
#	Last Name (Print)	Address	Phone/Email	Number of Packages									✓	
1												1		
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3												3		
4												4		
5												5		
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46												46		
47												47		
48												48		
49												49		
50												50		
Total				Total in red square must equal both across and down.								Amount Due		

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

Insert QR Code or URL.