

Girl Scout Cookie Program

2025

Safe Seller Tips

Girl Scouts

1. **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.
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**
   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.
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 **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.

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 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 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

Toast-Yay!®
French Toast-inspired cookies dipped in delicious icing

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

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 6g	8%
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 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, MAPLE SYRUP, 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

Lemonades®
NATURALLY AND ARTIFICIALLY FLAVORED Savory slices of shortbread with a refreshingly 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 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%	

*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, 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, COCONUT.
DIET EXCHANGE:
1.5 Carbohydrates, 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 20g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Incl. 5g Added Sugars	10%
Protein 1g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 1.3mg 8% • Potas. 0mg 0%	

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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

Thin Mints®
Crispy chocolate wafers dipped in a mint chocolaty 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 <1g	2%
Total Sugars 11g	
Incl. 11g Added Sugars	22%
Protein 1g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 2.4mg 15% • Potas. 30mg 0%	

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM 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

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolaty 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 0.9mg 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

Caramel deLites®
Crispy cookies topped with caramel, toasted coconut, and chocolaty 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 19g	7%
Dietary Fiber <1g	3%
Total Sugars 12g	
Incl. 10g Added Sugars	20%
Protein <1g	
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 [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, COCONUT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS.
DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

Peanut Butter Sandwich
Crisp 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 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), 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.
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.

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



Toast-Yay!®

made with vegan ingredients

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®

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

$6.00
Per Package

First Name _____ **Troop #** _____

Adult Contact's Name _____

Adult Phone Number _____

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

Thank you for supporting Girl Scouts. Through the Girl Scout Cookie Program®, girls learn to think like entrepreneurs as they build essential skills: goal setting, decision making, money management, people skills, and business ethics. So when you buy a box-or five-you're supporting girls' success and the next generation of female entrepreneurs.

Insert QR Code or URL

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