

girl scouts

online

My Goal

Troop #

First Name

# Cookie Program Girl Scout 2024



### 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.

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

Be prepared for emergencies, and always have a plan for safeguarding money.

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.

2 Sell in the Daytime

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.

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

**Online** 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. 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 girls cout cookies. or g/troop leaders.

**Calories** 

## **Nutrition Facts**

8 servings per container Serving size 4 cookies (32g)

Oct villig Size 4 cot	OKIC
Amount per serving Calories	1
	% E
<b>Total Fat</b> 7g	
Saturated Fat 5g	
Trans Fat 0g	
Cholesterol Omg	
Sodium 105mg	
Total Carbohydrate 22g	g
Dietary Fiber <1g	
Total Sugars 10g	
Incl. 10g Added Su	igars
Protein 1a	

The % Daily Value (DV) tells you how much a nutrien in a serving of food contributes to a daily diet. 2,000 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 CAMPAIG CARAME COLOR, SOVI FICTINI PEPPERMINT CII. NATURAL

Vit. D 0mcg 0% • Calcium 0mg 0%

MANUFACTURED IN A SHARED FACILITY WITH MILK, PEANUTS, COCONUT.

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**130** 

## **Nutrition Facts**

About 8 servings per container Serving size 2 cookies (25g)

Total Fat 6g	8%			
Saturated Fat 4.5g	23%			
Trans Fat 0g				
Cholesterol Omg	0%			
Sodium 55mg	2%			
Total Carbohydrate 18g	<b>7</b> %			
Dietary Fiber 0g	0%			
Total Sugars 11g				
Incl. 11g Added Sugars	22%			
Protein <1g				

JIACIN, KEDUCED IRON, I HIAMINE MONONITIATE, BIBOFLAVIN, FOLIC ACID, VEGETABLE OIL SORTENING (PALM KERNEL OIL AND PALM OIL), COCOA (PROCESSED WITH ALKALI), CORNSTARCH, CARAMEL COLOR, MOLASSES, ZORN SYRUP, SALT, SOY LECIT

**Nutrition Facts** About 7 servings per container Serving size 2 cookies (25g)

**130 Calories** % Daily Value Total Fat 7g Saturated Fat 4g 20% *Trans* Fat 0g Cholesterol Omg 0% Sodium 75mg **3**% Total Carbohydrate 15g 5% Dietary Fiber Og 0%

Total Sugars 8g Incl. 8g Added Sugars 16% Vit. D Omcg 0% • Calcium Omg 0% \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000

INGREDIENTS: SJGAR, PEANUT BUTTER PEANUTS. HYDROGENATED PAIM OIL, CORN SYRIP SOLIDS, SALTD, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBORLAWN, FULUCACID), VECETABLE OIL SHORTENING (PAIM AND PAIM KERNEL OILS, COOR, PROCESSED WITH ALVAU), INVERTE AMMONIUM BICARBONATE, SOY LECTHINI, SALT, NATURAL AND ARTERICAL ENDROGENEES.

calories a day is used for genera

CONTAINS: SOY, WHEAT, PEANUTS. MANUFACTURED IN A SHARED FACILITY WITH:
MILK, COCONUT.
DIET EXCHANGE:
1 Carbohardes 1 5 5 5 5 5

#### **Nutrition Facts Nutrition Facts** 8 servings per container

8 servings per container Serving size 2 cookies (30g) Serving size 2 cookies (30g) Calories Calories

	_	<u> </u>	
% Dail	y Value*	9	% Daily Value*
<b>Fat</b> 6g	8%	Total Fat 7g	9%
turated Fat 4g	20%	Saturated Fat 4.5g	23%
ns Fat 0g		Trans Fat 0g	
sterol Omg	0%	Cholesterol Omg	0%
ı <b>m</b> 90mg	4%	Sodium 70mg	3%
Carbohydrate 21g	8%	Total Carbohydrate 20g	7%
tary Fiber 0g	0%	Dietary Fiber 0g	0%
al Sugars 10g		Total Sugars 9g	
Incl. 10g Added Sugars	20%	Incl. 9g Added Sugar	rs <b>18%</b>

Vit. D Omcg 0%

CED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLI , SUGAR, VEGETABLE OIL SHORTENING (PALM ANI

**Nutrition Facts** 

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

<u>Gaiories</u> i	40
% D	aily Value
Total Fat 6g	89
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol Omg	09
Sodium 55mg	29
Total Carbohydrate 19g	79
Dietary Fiber <1g	29
Total Sugars 12g	
Incl. 12g Added Sugars	249
Protein <1g	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000

MEREDIENTS SUSPENDING PRIEME MANUFACTURE AND MEREDIENTS SUSPENDING PRIEME MANUFACTURE OR MANUFAC

DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

### **Nutrition Facts**

About 10 servings per container Serving size 4 cookies (26g)

Calories **Total Fat** 4.5g Saturated Fat 2g Trans Fat Og **Cholesterol** Omg 0% **5**% **Total Carbohydrate** 19g Dietary Fiber 0g

Incl. 5g Added Sugars 10%

Vit. D Omcg 0%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MACIN, REDUCED ROM, THANNIE MONONTRATE, RISOFLAWN, FOLLO ADID, SIGAR, PALM OIL, WHEY (MILK), CORN SIGAR, PALM OIL, WHEY (MILK), CORN SIGARO, SOUR ASOUM ACID PROPRIOSPHATE), CORNSTRACH, SALT, SOY LECTHNI, MATURAL AND ARTHODAL FLAVOR (MILK).

CONTAINS: MILK, SOY, WHEAT. MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS, COCONUT.

Nutrition Facts

About 7 servings per container Serving size 3 cookies (34g)

170 **Calories** % Daily Value Total Fat 7g Saturated Fat 2g 10% Trans Fat 0g **Cholesterol** 0mg 0% Sodium 85mg Total Carbohydrate 22g 8%

Dietary Fiber <1g 2% Total Sugars 9g Incl. 8g Added Sugars 16% **Protein** 3g

Vit. D Omcg 0% • Calcium Omg 0% \*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

CONTAINS: MILK, SOY, WHEAT, PEANUTS. MANUFACTURED IN A SHARED FACILITY WITH: Digital Cookie®

Exciting news, your online Girl Scout Cookie® sales platform is getting a revamp! We're moving your online cookie sales to a platform called Digital Cookie®. Going forward, you will be using the new Digital Cookie application to sell cookies to customers online, track progress towards a goal, and manage sales. Selling Girl Scout cookies online and reaching your goals iust got easier!

Please refer to the cookie packaging for the most current information.

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/@GIRLSCOUTSUSA

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



### Toast-Yay!®

French Toast-inspired cookies dipped in delicious icing

Approx. Ct. 16 Net Wt. 8.5 oz. (241g) 2 cookies (30g) per serving 140 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 (30g) 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 (26g) per serving 120 calories per serving



### Thin Mints®

Crispy chocolate wafers dipped in a mint

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

BEST SELLER!

### **Peanut Butter** Patties®



### 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

cookies with creamy peanut

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





\$6.00

Per Package

First Name Troop # Adult Contact's Name Adult Phone Number		Donate Cookie Packages	Adventurefuls®	Toast-Yay!®	Lemonades®	Trefoils <sup>®</sup>	Thin Mints®	Peanut Butter Patties®	Caramel deLites®	Peanut Butter Sandwich	Total Packages	Amount Due	Check when Paid			
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Girl Scout Cookie<sup>™</sup> proceeds stay local to power unique and amazing year-round adventures for girls in your local community.