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girlscoutcookies.org



Online

My Goal

Troop #

First Name



Girl Scout Cookie Program

2023

Safe Seller Tips

- 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.
- Be Streetwise**
Become familiar with the areas and neighborhoods where you will be selling cookies.
- Partner with Adults**
Adults must accompany Girl Scout Daisies, Brownies, and Juniors when they are taking orders, selling cookies, or delivering cookies. Girls grades 6-12 must be supervised by an adult when selling door-to-door and must never sell alone. Adults must be present at all times during cookie booth sales.
- Plan Ahead**
Be prepared for emergencies and always have a plan for safe guarding money.
- Do Not Enter Any Homes or Vehicles**
Never enter someone's home or vehicle of a person when you're selling or making deliveries. Avoid selling to people in vehicles, except at designated drive-thru cookie booths, or going into alleys.
- Sell in the Daytime**
Sell only during daylight hours, unless accompanied by an adult.
- Protect Privacy**
Girl's last names, home addresses, and email addresses should never be given out to customers. Protect customers' privacy by not sharing their information except when necessary.
- Be Safe on the Road**
Always follow safe pedestrian practices, especially when crossing at intersections or walking along roadways. Be aware of traffic when unloading product and passengers from vehicles.
- Be Safe Online**
Girls must have their parents'/guardians' permission to participate in all online activities, and must read and agree to the GSUSA Internet Safety Pledge before conducting any online activities.

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 crime and a hint of sea salt.

Nutrition Facts	
About 8 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 17g	6%
Dietary Fiber 0g	0%
Total Sugars 11g	
Incl. 11g Added Sugars	22%
Protein <1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.8mg 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.

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (PALM KERNEL OIL AND PALM OIL), COCOA (PROCESSED WITH ALKALI), CORNSTARCH, CARAMEL COLOR, MOLASSES, CORN SYRUP, WHEY (MILK), SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BAKING SODA, SEA SALT, PAPRIKA (COLOR).

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

Toast-Yay!™
French Toast-inspired cookies dipped in delicious icing.

Nutrition Facts	
8 servings per container	
Serving size 2 cookies (30g)	
Amount per serving	
Calories 140	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 10g	
Incl. 10g Added Sugars	20%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 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 AND PALM KERNEL OILS), CORNSTARCH, INVERT SUGAR, CINNAMON, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, FOOD STARCH-MODIFIED, SOY LECITHIN, MAPLE SYRUP, ANNATTO EXTRACT (COLOR), NATURAL FLAVOR, CARAMEL COLOR.

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

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

Nutrition Facts	
8 servings per container	
Serving size 2 cookies (30g)	
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 20g	7%
Dietary Fiber 0g	0%
Total Sugars 9g	
Incl. 9g Added Sugars	18%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 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 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.

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

Nutrition Facts	
About 10 servings per container	
Serving size 4 cookies (26g)	
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 19g	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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, WHEY (MILK), CORN SYRUP, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORNSTARCH, SALT), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR (MILK).

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

Thin Mints®
Crispy chocolate wafers dipped in a milk chocolate coating.

Nutrition Facts	
8 servings per container	
Serving size 2 cookies (32g)	
Amount per serving	
Calories 160	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber <1g	2%
Total Sugars 10g	
Incl. 10g Added Sugars	20%
Protein 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 1.6mg 8%	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 AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, INVERT SUGAR, SALT, BAKING SODA, SOY LECITHIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR.

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

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolate 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 90mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber <1g	3%
Total Sugars 8g	
Incl. 8g Added Sugars	16%
Protein 2g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.8mg 4%	Potas. 0mg 0%

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INGREDIENTS: SUGAR, PEANUT BUTTER (PEANUTS, PALM OIL, CORN SYRUP SOLIDS, SALT), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), SOY LECITHIN, SALT, NATURAL AND ARTIFICIAL FLAVOR.

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

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

Nutrition Facts	
About 7 servings per container	
Serving size 2 cookies (28g)	
Amount per serving	
Calories 140	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	2%
Total Sugars 12g	
Incl. 8g Added Sugars	24%
Protein <1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.7mg 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.

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (MODIFIED PALM KERNEL, MODIFIED PALM, HYDROGENATED COCONUT AND SOYBEAN OILS), CORN SYRUP, COCONUT (COCONUT, SULFITES (PRESERVATIVE)), SWEETENED CONDENSED MILK (MILK, SUGAR), INVERT 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.

Peanut Butter Sandwich
Crispy cookies sandwiched 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 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
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 1.2mg 6%	Potas. 0mg 0%

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INGREDIENTS: PEANUT BUTTER FILLING (PEANUTS, SUGAR, CORN SYRUP SOLIDS, PALM OIL, SALT, CORNSTARCH), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHOLE GRAIN OATS, PALM OIL, SHORTENING, DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PYROPHOSPHATE), CORN SYRUP, MODIFIED CORN STARCH, SALT, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

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



Sell cookies in a whole new way! With Smart Cookies Direct Ship, customers can have cookies shipped directly to them and pay via credit card. Customers can choose any variety of cookies with no minimum order required.

Two easy-to-use ways to increase your sales numbers:

Using our Smart Cookies Ordering App
OR
Sending an e-card with your secure link through Smart Cookies Online.

Log in to learn more at abcsmartcookies.com

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

Exclusively sold online for shipment only.

Raspberry Rally™

Thin, crispy cookies infused with raspberry flavor, dipped in chocolate coating*

*Online sales only, while supplies last! Cookies can be purchased on Smart Cookies™ site



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