



2023-2024 Girl Scout Cookies®

All our cookies have...

- NO High-Fructose Corn Syrup
- NO Partially Hydrogenated Oils (PHOs)
- Zero Grams Trans Fat per Serving
- RSPO Certified (Mass Balance) Palm Oil
- Halal Certification

The World's Most Flavorful Lineup



Adventurefuls® • Real Cocoa

Indulgent brownie-inspired cookies with caramel flavored crème and a hint of sea salt
Approximately 15 cookies per 6.3 oz. pkg.
Ⓢ



Lemon-Ups®

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

Crispy lemon flavored cookies with inspiring messages to lift your spirits
Approximately 12 cookies per 6.2 oz. pkg.
Ⓢ



Trefoils®

Iconic shortbread cookies inspired by the original Girl Scout recipe
Approximately 38 cookies per 9 oz. pkg.
Ⓢ



Do-si-dos® • Made with Natural Flavors • Real Peanut Butter • Whole Grain Oats

Oatmeal sandwich cookies with peanut butter filling
Approximately 20 cookies per 8 oz. pkg.
Ⓢ



Samoas® • Real Cocoa • Real Coconut

Crisp cookies with caramel, coconut and dark chocolaty stripes
Approximately 15 cookies per 7.5 oz. pkg.
Ⓢ



Tagalongs® • Real Cocoa • Real Peanut Butter

Crispy cookies layered with peanut butter and covered with a chocolaty coating
Approximately 15 cookies per 6.5 oz. pkg.
Ⓢ



Thin Mints® • Made with Vegan Ingredients • Real Cocoa

Crisp, chocolaty cookies made with natural oil of peppermint
Approximately 30 cookies per 9 oz. pkg.
Ⓢ



Girl Scout S'mores® • Made with Natural Flavors • Real Cocoa

Graham sandwich cookies with chocolaty and marshmallowy flavored filling
Approximately 16 cookies per 8.5 oz. pkg.
Ⓢ



Toffee-tastic® • No Artificial Flavors GLUTEN-FREE

Rich, buttery cookies with sweet, crunchy toffee bits
Approximately 14 cookies per 6.7 oz. pkg.
Ⓢ



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ACCEPTED

Adventurefuls®

Nutrition Facts

About 7 servings per container
Serving size 2 cookies (24g)

Amount per serving		% Daily Value*
Calories	120	
Total Fat 6g 7%		
Saturated Fat 3.5g 18%		
Trans Fat 0g		
Cholesterol 0mg 0%		
Sodium 80mg 4%		
Total Carbohydrate 16g 6%		
Dietary Fiber 1g 3%		
Total Sugars 9g		
Includes 9g Added Sugars 18%		
Protein 1g		
Vit. D 0mcg 0% • Calcium 10mg 0%		
Iron 1.2mg 6% • Potas. 60mg 2%		

*The % Daily Value 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, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (SOYBEAN, PALM AND PALM KERNEL), COCOA PROCESSED WITH ALKALI, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCOA, NONFAT MILK, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPRIKA EXTRACT (COLOR).

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGG.



Lemon-Ups®

Nutrition Facts

About 6 servings per container
Serving size 2 cookies (29g)

Amount per serving		% Daily Value*
Calories	140	
Total Fat 6g 8%		
Saturated Fat 2g 10%		
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg 0%		
Sodium 100mg 4%		
Total Carbohydrate 20g 7%		
Dietary Fiber 0g 0%		
Total Sugars 7g		
Includes 7g Added Sugars 14%		
Protein 1g		
Vit. D 0mcg 0% • Calcium 0mg 0%		
Iron 0.7mg 4% • Potas. 10mg 0%		

*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, SOYBEAN AND PALM OIL, CONTAINS 2% OR LESS OF NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), ANNATTO EXTRACT COLOR, SOY LECITHIN, CITRIC ACID, WHEY PROTEIN CONCENTRATE, PROPYLENE GLYCOL ALGINATE, FRUCTOSE, MALIC ACID.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS AND EGG.



Trefoils®

Nutrition Facts

About 8 servings per container
Serving size 5 cookies (32g)

Amount per serving		% Daily Value*
Calories	160	
Total Fat 7g 9%		
Saturated Fat 2.5g 13%		
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 2g		
Cholesterol 0mg 0%		
Sodium 110mg 5%		
Total Carbohydrate 21g 8%		
Dietary Fiber 0g 0%		
Total Sugars 7g		
Includes 6g Added Sugars 12%		
Protein 2g		
Vit. D 0mcg 0% • Calcium 5mg 0%		
Iron 1mg 4% • Potas. 35mg 0%		

*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN AND PALM OIL, SUGAR, CONTAINS 2% OR LESS OF BROWN SUGAR (SUGAR, MOLASSES), SWEETENED CONDENSED MILK (MILK, SUGAR), BUTTERMILK, SALT, NATURAL AND ARTIFICIAL FLAVORS, BAKING SODA, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGG.



Do-si-dos®

Nutrition Facts

About 6 servings per container
Serving size 3 cookies (34g)

Amount per serving		% Daily Value*
Calories	160	
Total Fat 7g 9%		
Saturated Fat 2g 10%		
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg 0%		
Sodium 100mg 4%		
Total Carbohydrate 22g 8%		
Dietary Fiber 1g 4%		
Total Sugars 11g		
Includes 10g Added Sugars 20%		
Protein 3g		
Vit. D 0mcg 0% • Calcium 15mg 0%		
Iron 0.8mg 4% • Potas. 70mg 0%		

*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, WHOLE GRAIN OATS, SOYBEAN AND PALM OIL, PEANUT BUTTER, PEANUTS, HYDROGENATED PALM OIL, DEXTROSE, INVERT SUGAR, CONTAINS 2% OR LESS OF WHEY, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, NATURAL FLAVORS, SOY LECITHIN.

CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH TREE NUTS & EGG.



Samoas®

Nutrition Facts

About 7 servings per container
Serving size 2 cookies (29g)

Amount per serving		% Daily Value*
Calories	150	
Total Fat 8g 10%		
Saturated Fat 6g 30%		
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg 0%		
Sodium 60mg 3%		
Total Carbohydrate 18g 7%		
Dietary Fiber 0g 0%		
Total Sugars 11g		
Includes 10g Added Sugars 20%		
Protein 1g		
Vit. D 0mcg 0% • Calcium 10mg 0%		
Iron 0.6mg 2% • Potas. 45mg 0%		

*The % Daily Value 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, VEGETABLE OIL (PALM KERNEL, PALM AND SOYBEAN OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, COCONUT, SWEETENED CONDENSED MILK (MILK, SUGAR), CONTAINS 2% OR LESS OF SORBITOL, COCOA, GLYCERIN, INVERT SUGAR, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SALT, CARAMEL COLOR, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, SORBITAN TRISTEARATE, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CARRAGEENAN.

CONTAINS WHEAT, COCONUT, MILK AND SOY INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGG.



Tagalongs®

Nutrition Facts

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

Amount per serving		% Daily Value*
Calories	140	
Total Fat 8g 10%		
Saturated Fat 4g 20%		
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg 0%		
Sodium 80mg 3%		
Total Carbohydrate 13g 5%		
Dietary Fiber 1g 4%		
Total Sugars 8g		
Includes 7g Added Sugars 14%		
Protein 3g		
Vit. D 0mcg 0% • Calcium 0mg 0%		
Iron 0.7mg 2% • Potas. 60mg 0%		

*The % Daily Value 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: PEANUT BUTTER (PEANUTS, SUGAR, HYDROGENATED PALM OIL, SALT), SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), VEGETABLE OIL (PALM KERNEL, PALM AND SOYBEAN OIL), COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, CORNSTARCH, SALT, SORBITAN TRISTEARATE, SOY LECITHIN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVORS, WHEY, PARTIALLY DEFATED PEANUT FLOUR.

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH TREE NUTS & EGG.



Thin Mints®

MADE WITH VEGAN INGREDIENTS

Nutrition Facts

About 8 servings per container
Serving size 4 cookies (31g)

Amount per serving		% Daily Value*
Calories	160	
Total Fat 7g 9%		
Saturated Fat 5g 25%		
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg 0%		
Sodium 120mg 5%		
Total Carbohydrate 21g 8%		
Dietary Fiber <1g 3%		
Total Sugars 10g		
Includes 9g Added Sugars 18%		
Protein 2g		
Vit. D 0mcg 0% • Calcium 10mg 0%		
Iron 1.2mg 6% • Potas. 40mg 0%		

*The % Daily Value 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 FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, VEGETABLE OIL (PALM KERNEL, PALM AND SOYBEAN OIL), COCOA, CARAMEL COLOR, CONTAINS 2% OR LESS OF COCOA PROCESSED WITH ALKALI, INVERT SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, SALT, SORBITAN TRISTEARATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, OIL OF PEPPERMINT.

CONTAINS WHEAT AND SOY INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, MILK & EGG. MADE IN A FACILITY THAT HANDLES NON-VEGAN INGREDIENTS.



Girl Scout S'mores®

Nutrition Facts

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

Amount per serving		% Daily Value*
Calories	150	
Total Fat 7g 9%		
Saturated Fat 3.5g 18%		
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg 0%		
Sodium 110mg 5%		
Total Carbohydrate 21g 8%		
Dietary Fiber 1g 5%		
Total Sugars 10g		
Includes 10g Added Sugars 20%		
Protein 2g		
Vit. D 0mcg 0% • Calcium 0mg 0%		
Iron 0.8mg 4% • Potas. 50mg 0%		

*The % Daily Value 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: GRAHAM FLOUR, SUGAR, PALM OIL, WHEAT FLOUR, CANE SUGAR, CORNSTARCH, COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, CHOCOLATE, MOLASSES, SALT, NATURAL FLAVORS, BAKING SODA, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, WHEY.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, SESAME & EGG.



Toffee-tastic®

Nutrition Facts

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

Amount per serving		% Daily Value*
Calories	140	
Total Fat 7g 9%		
Saturated Fat 4g 20%		
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 2.5g		
Cholesterol 10mg 3%		
Sodium 90mg 4%		
Total Carbohydrate 19g 7%		
Dietary Fiber 0g 0%		
Total Sugars 7g		
Includes 7g Added Sugars 14%		
Protein <1g		
Vit. D 0mcg 0% • Calcium 0mg 0%		
Iron 0.1mg 0% • Potas. 5mg 0%		

*The % Daily Value 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: RICE FLOUR, TAPIOCA STARCH, SUGAR, BUTTER (CREAM, SALT), PALM OIL, BROWN RICE FLOUR, BUTTER TOFFEE BITS (SUGAR, BUTTER [CREAM, SALT], CORN SYRUP, SOY LECITHIN, SALT), INVERT SUGAR, CONTAINS 2% OR LESS OF SALT, SOY LECITHIN, XANTHAN GUM, BAKING SODA.

CONTAINS MILK AND SOY INGREDIENTS.
 MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, WHEAT & EGG.

