

girlscouts
 Girl Scouts of the USA
 1000 North Michigan Avenue
 Chicago, IL 60611
 773-869-7200
 girlscouts.org



Explore more™

Hello to the new



Girl Scout Cookie Program

2026

First Name _____

Troop # _____

My Goal _____

Online _____

Safe Seller Tips

- 1 Show you're a Girl Scout**
Make sure Girl Scouts wear their uniforms, other Girl Scout-branded clothing, or their membership pin to clearly identify yourself as a Girl Scout.
 - 2 Buddy Up**
Always use the buddy system. It's not just safe, it's 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**
Girl Scouts should never sell or deliver cookies alone. Daisies, Brownies, and Juniors must be accompanied by an adult. Cadettes, Seniors, and Ambassadors need adult oversight for sales and must have approval for deliveries, always bringing a buddy along.
 - 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 [girlscouts.org/cookieresources](https://www.girlscouts.org/cookieresources).

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 [girlscouts.org](https://www.girlscouts.org).

Adventurefuls®
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS. Indulgences: fudge brownie, sea salt.
Nutrition Facts
About 7 servings per container
Serving size 2 cookies (25g)
Amount per serving
Calories 130
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 0mg 0% Calcium 0mg 0%
Iron 0.6mg 4% Potas. 0mg 0%

Ingredients: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SHORTENING (PALM KERNEL 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, MILK.
DIET EXCHANGE: 1 Carbohydrate, 1 Fat

Thin Mints®
Crispy chocolate wafers dipped in a milk chocolate coating.
Nutrition Facts
About 8 servings per container
Serving size 4 cookies (33g)
Amount per serving
Calories 160
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 0mg 0% Calcium 0mg 0%
Iron 1.4mg 8% Potas. 30mg 0%

Ingredients: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL 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.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

Adventurefuls®
NATURALLY AND ARTIFICIALLY FLAVORED. Severe allergic reactions have been reported with chocolate.
Nutrition Facts
About 7 servings per container
Serving size 2 cookies (25g)
Amount per serving
Calories 180
Total Fat 7g 9%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 140mg 6%
Total Carbohydrate 26g 9%
Dietary Fiber <1g 2%
Total Sugars 14g
Incl. 14g Added Sugars 28%
Protein 1g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 1mg 6% Potas. 0mg 0%

Ingredients: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, INVERT SUGAR, CARAMEL COLOR, LEAVENING (BAKING SODA), MONOCALCIUM PHOSPHATE, SOY LECITHIN, SALT, PEANUT FLOUR, WHEY (MILK), NATURAL AND ARTIFICIAL FLAVOR, VITAMIN C (ANTIOXIDANT).
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Thin Mints®
Crispy chocolate wafers dipped in a milk chocolate coating.
Nutrition Facts
About 8 servings per container
Serving size 4 cookies (33g)
Amount per serving
Calories 160
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 0mg 0% Calcium 0mg 0%
Iron 1.4mg 8% Potas. 30mg 0%

Ingredients: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM KERNEL 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.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

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
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 0mg 0% Calcium 0mg 0%
Iron 0.7mg 4% Potas. 0mg 0%

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 KERNEL 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, EGGS.
DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

Adventurefuls®
NATURALLY AND ARTIFICIALLY FLAVORED. Severe allergic reactions have been reported with chocolate.
Nutrition Facts
About 7 servings per container
Serving size 2 cookies (25g)
Amount per serving
Calories 180
Total Fat 7g 9%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 140mg 6%
Total Carbohydrate 26g 9%
Dietary Fiber <1g 2%
Total Sugars 14g
Incl. 14g Added Sugars 28%
Protein 1g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 1mg 6% Potas. 0mg 0%

Ingredients: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, INVERT SUGAR, CARAMEL COLOR, LEAVENING (BAKING SODA), MONOCALCIUM PHOSPHATE, SOY LECITHIN, SALT, PEANUT FLOUR, WHEY (MILK), NATURAL AND ARTIFICIAL FLAVOR, VITAMIN C (ANTIOXIDANT).
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fat

Lemonades®
NATURALLY AND ARTIFICIALLY FLAVORED. Severe allergic reactions have been reported with chocolate.
Nutrition Facts
About 8 servings per container
Serving size 2 cookies (31g)
Amount per serving
Calories 150
Total Fat 7g 9%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 65mg 3%
Total Carbohydrate 21g 8%
Dietary Fiber 0g 0%
Total Sugars 9g
Incl. 9g Added Sugars 18%
Protein 1g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 0.6mg 4% Potas. 0mg 0%

Ingredients: SUGAR, 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 (BAKING SODA), MONOCALCIUM PHOSPHATE, 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.
DIET EXCHANGE: 1.5 Carbohydrates, 1.5 Fats

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
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 0mg 0% Calcium 0mg 0%
Iron 0.7mg 4% Potas. 0mg 0%

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 KERNEL 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, EGGS.
DIET EXCHANGE: 1 Carbohydrate, 1.5 Fats

Lemonades®
NATURALLY AND ARTIFICIALLY FLAVORED. Severe allergic reactions have been reported with chocolate.
Nutrition Facts
About 8 servings per container
Serving size 2 cookies (31g)
Amount per serving
Calories 150
Total Fat 7g 9%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 65mg 3%
Total Carbohydrate 21g 8%
Dietary Fiber 0g 0%
Total Sugars 9g
Incl. 9g Added Sugars 18%
Protein 1g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 0.6mg 4% Potas. 0mg 0%

Ingredients: SUGAR, 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 (BAKING SODA), MONOCALCIUM PHOSPHATE, 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.
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
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 2g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 0.8mg 4% Potas. 0mg 0%

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 PHOSPHATE, CORNSTARCH, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN.
CONTAINS: MILK, SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS.
DIET EXCHANGE: 1.5 Carbohydrates, 1 Fat

Peanut Butter Patties®
Crispy cookies layered with peanut butter and covered with a chocolate coating.
Nutrition Facts
About 7 servings per container
Serving size 3 cookies (34g)
Amount per serving
Calories 170
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 0mg 0% Calcium 0mg 0%
Iron 0.8mg 4% Potas. 0mg 0%

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 GATS, PALM OIL, SHORTENING, DEXTROSE, DEGERMED YELLOW CORN FLOUR, LEAVENING (AMMONIUM BICARBONATE, BAKING SODA, SODIUM ACID PHOSPHATE), CORN SYRUP, FOOD STARCH-MODIFIED, SALT, CORNSTARCH, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: MILK, SOY, WHEAT, PEANUTS.
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
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 2g
Vit. D 0mg 0% Calcium 0mg 0%
Iron 0.8mg 4% Potas. 0mg 0%

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 PHOSPHATE, CORNSTARCH, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), SOY LECITHIN.
CONTAINS: MILK, SOY, WHEAT.
MANUFACTURED IN A SHARED FACILITY WITH: PEANUTS.
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.

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



Exploremores™

NATURALLY AND ARTIFICIALLY FLAVORED
Sandwich cookies with chocolate, marshmallow, and almond flavored creme

Approx. Ct. 20
Net Wt. 8 oz. (226g)
3 cookies (36g) per serving
180 calories per serving



NEW COOKIE!

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



Per Package

First Name _____ Troop # _____ Adult Contact's Name _____ Adult Phone Number _____				Donate Cookie Packages	Adventurefuls®	Exploremores™	Lemonades®	Trefoils®	Thin Mints®	Peanut Butter Patties®	Caramel deLites®	Peanut Butter Sandwich	Total Packages	Amount Due	Check when Paid	
#	Last Name (Print)	Address	Phone/Email	Number of Packages										Amount Due	Check when Paid	
1																1
2																2
3																3
4																4
5																5
6																6
7																7
8																8
9																9
10																10
11																11
12																12
13																13
14																14
15																15
16																16
17																17
18																18
19																19
20																20
21																21
22																22
23																23
24																24
25																25
26																26
27																27
28																28
29																29
30																30
31																31
32																32
33																33
34																34
35																35
36																36
37																37
38																38
39																39
40																40
41																41
42																42
43																43
44																44
45																45
46																46
47																47
48																48
49																49
50																50
Total				Total in red square must equal both across and down.										Amount Due		

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.