



# 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** **\$ 5**  
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** **\$ 5**  
Approximately 12 cookies per 6.2 oz. pkg.



### Trefoils®

**Iconic shortbread cookies inspired by the original Girl Scout recipe** **\$ 5**  
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** **\$ 5**  
Approximately 20 cookies per 8 oz. pkg.



### Samoas® • Real Cocoa • Real Coconut

**Crisp cookies with caramel, coconut and dark chocolaty stripes** **\$ 5**  
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** **\$ 5**  
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** **\$ 5**  
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** **\$ 6**  
Approximately 16 cookies per 8.5 oz. pkg.



### Toffee-tastic® • No Artificial Flavors GLUTEN-FREE

**Rich, buttery cookies with sweet, crunchy toffee bits** **\$ 6**  
Approximately 14 cookies per 6.7 oz. pkg.



## Adventurefuls®

### Nutrition Facts

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

Amount per serving		
<b>Calories</b>	<b>120</b>	
		% Daily Value*
<b>Total Fat</b> 6g		7%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 80mg		4%
<b>Total Carbohydrate</b> 16g		6%
Dietary Fiber 1g		3%
Total Sugars 9g		
Includes 9g Added Sugars		18%
<b>Protein</b> 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		
<b>Calories</b>	<b>140</b>	
		% Daily Value*
<b>Total Fat</b> 6g		8%
Saturated Fat 2g		10%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg		0%
Sodium 100mg		4%
<b>Total Carbohydrate</b> 20g		7%
Dietary Fiber 0g		0%
Total Sugars 7g		
Includes 7g Added Sugars		14%
<b>Protein</b> 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		
<b>Calories</b>	<b>160</b>	
		% Daily Value*
<b>Total Fat</b> 7g		9%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 2g		
Cholesterol 0mg		0%
Sodium 110mg		5%
<b>Total Carbohydrate</b> 21g		8%
Dietary Fiber 0g		0%
Total Sugars 7g		
Includes 6g Added Sugars		12%
<b>Protein</b> 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		
<b>Calories</b>	<b>160</b>	
		% Daily Value*
<b>Total Fat</b> 7g		9%
Saturated Fat 2g		10%
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg		0%
Sodium 100mg		4%
<b>Total Carbohydrate</b> 22g		8%
Dietary Fiber 1g		4%
Total Sugars 11g		
Includes 10g Added Sugars		20%
<b>Protein</b> 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), SOYBEAN AND PALM OIL, 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		
<b>Calories</b>	<b>150</b>	
		% Daily Value*
<b>Total Fat</b> 8g		10%
Saturated Fat 6g		30%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg		0%
Sodium 60mg		3%
<b>Total Carbohydrate</b> 18g		7%
Dietary Fiber 0g		0%
Total Sugars 11g		
Includes 10g Added Sugars		20%
<b>Protein</b> 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		
<b>Calories</b>	<b>140</b>	
		% Daily Value*
<b>Total Fat</b> 8g		10%
Saturated Fat 4g		20%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg		0%
Sodium 80mg		3%
<b>Total Carbohydrate</b> 13g		5%
Dietary Fiber 1g		4%
Total Sugars 8g		
Includes 7g Added Sugars		14%
<b>Protein</b> 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		
<b>Calories</b>	<b>160</b>	
		% Daily Value*
<b>Total Fat</b> 7g		9%
Saturated Fat 5g		25%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg		0%
Sodium 120mg		5%
<b>Total Carbohydrate</b> 21g		8%
Dietary Fiber <1g		3%
Total Sugars 10g		
Includes 9g Added Sugars		18%
<b>Protein</b> 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		
<b>Calories</b>	<b>150</b>	
		% Daily Value*
<b>Total Fat</b> 7g		9%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg		0%
Sodium 110mg		5%
<b>Total Carbohydrate</b> 21g		8%
Dietary Fiber 1g		5%
Total Sugars 10g		
Includes 10g Added Sugars		20%
<b>Protein</b> 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®

GLUTEN-FREE

### Nutrition Facts

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

Amount per serving		
<b>Calories</b>	<b>140</b>	
		% Daily Value*
<b>Total Fat</b> 7g		9%
Saturated Fat 4g		20%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 2.5g		
Cholesterol 10mg		3%
Sodium 90mg		4%
<b>Total Carbohydrate</b> 19g		7%
Dietary Fiber 0g		0%
Total Sugars 7g		
Includes 7g Added Sugars		14%
<b>Protein</b> <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.

