# 2022–2023 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

**Trefoils**<sup>®</sup>

# Adventurefuls<sup>™</sup> • Real Cocoa

flavored crème and a hint of sea salt Approximately 15 cookies per 6.3 oz. pkg.



Do-si-dos®

#### Lemon-Ups<sup>®</sup>

Samoas®

ATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

Real Cocoa

#### Real Coconut Iconic shortbread cookies inspired by Crisp cookies with caramel, coconut and dark the original Girl Scout recipe chocolaty stripes Oatmeal sandwich cookies with peanut butter filling Approximately 38 cookies per 9 oz. pkg. Approximately 15 cookies per 7.5 oz. pkg. **\$5 \$5** Approximately 20 cookies (U)D (U)D per 8 oz. pkg. (U) D **Tagalongs**® • Made with Vegan **Girl Scout** • Made with Natural Flavors **Thin Mints**<sup>®</sup> Real Cocoa • Real Peanut Butter Ingredients Real Cocoa S'mores<sup>®</sup> Real Cocoa Crispy cookies layered with peanut butter and covered with a chocolaty coating Crisp, chocolaty cookies made with natural oil Graham sandwich Approximately 15 cookies per 6.5 oz. pkg. of peppermint cookies with **\$5** chocolaty and \$5 Approximately 30 cookies per 9 oz. pkg. (U) D marshmallowy (U) flavored filling Approximately 16 cookies per 8.5 oz. pkg. (U)D **Raspberry Rally**" Made with **Toffee-tastic**<sup>®</sup> • No Artificial Flavors Product formulations can change at any USTAINA8 NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS Vegan time. We encourage you to check the Ingredients inaredient statement on each package you purchase for the most up-to-date Rich, buttery cookies with sweet, crunchy information on the ingredients contained Thin, crispy cookies infused with raspberry toffee bits flavor, dipped in chocolaty coating in the product in that package. For more **\$6** Approximately 14 cookies per 6.7 oz. pkg. \$5 MIXED Approximately 30 cookies per 9 oz. pkg. (1) details, check with Little Brownie Bakers (U)D or visit girlscoutcookies.org. RSPO-1106186 NEW! Although the use of palm oil in Little Brownie Bakers' While Girl Scout Cookies® is limited, the palm oil used in our Girl Scout products is Certified Mass Balance palm oil. The Mass Balance System ensures that the palm oil

EXCLUSIVELY SOLD ONLINE FOR SHIPMENT ONLY

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visit the Little Brownie Bakers website.

Little Brownie Bakers uses contributes to the production of environmentally responsible, socially beneficial and economically viable palm oil. For more information please



### Adventurefuls™

About 7 servings per container

Serving size

Calories

Trans Fat Og

Cholesterol Omg

Sodium 80ma

Saturated Fat 3.5g

Total Carbohvdrate 160

Includes 9g Added Sugars

Vit. D Omcg 0% • Calcium 10mg 0%

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

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN.

REDUCED INON, VITAMIN BI, THINAMIN MONONITRATEJ, 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

a day is used for general nutrition advice.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY

WITH PEANUTS. TREE NUTS & EGG

Potas

Dietary Fiber 1g

Total Sugars 9g

Protein 1g

EXTRACT (COLOR)

Iron 1.2mg 6%

Total Fat 6g

Nutrition Facts

2 cookies (24g)

120

% Daily Value

7%

18%

0%

4%

6%

3%

18%

60mg 2%

### Lemon-Ups<sup>®</sup>

Serving size

Calories

Saturated Fat 2g

Polyunsaturated Fat 2g

Total Carbohydrate 20g

Dietary Fiber Og

Total Sugars 7g

Protein 1a

FRUCTOSE MALIC ACID

PEANUTS, TREE NUTS AND EGG

Monounsaturated Fat 1.5g

Includes 7g Added Sugars

Iron 0.7mg 4% • Potas.

a day is used for general nutrition advice

PROPHOSPHATE), ANNATTO EXTRACT COLOR, SOY LECITHIN, CITRIC ODD ACID, WHEY PROTEIN CONCENTRATE, PROPYLENE GLYCOL ALGINATE,

CONTAINS WHEAT, SOY AND MILK INGREDIENTS. MANUFACTURED IN A SHARED FACILITY WITH

Vit. D Omcg 0% • Calcium Omg 0%

erving of food contributes to a daily diet. 2,000 calories

\*The % Daily Value tells you how much a nutrient in a

INGREDIENTS: ENRICHED ELOUR (WHEAT ELOUR 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

Trans Fat Og

Cholesterol Omg

Sodium 100mg

Total Fat 6g

About 6 servings per container

2 cookies (29g)

140

% Daily Value

8%

10%

**በ%** 

4%

7%

0%

14%

10mg 0%

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## **Trefoils**<sup>®</sup>

#### **Nutrition Facts Nutrition Facts**

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

160

Amount per serving
Calories

	103			0
			% Daily \	alue
Total Fat	7g			9%
Saturate	d Fat 2.5g			13%
<i>Trans</i> Fa	t Og			
Polyunsa	aturated Fat	2.5g		
Monouns	saturated Fa	at 2g		
Cholester	<b>ol</b> Omg			0%
Sodium 1	10mg			5%
Total Carb	ohydrate 2	21g		8%
Dietary F	iber Og			0%
Total Sug	gars 7g			
Includ	les 6g Adde	d Sugars		12%
Protein 2	g			
	g cq 0% •	Calcium	5mg	0%

a day is used for general nutrition advice

INGREDIENTS: ENRICHED ELOUR (WHEAT ELOUR 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 (U)D

Μ

INGRE

(U)D

CONTAINS WHEAT, MILK AND SOY INGREDIENTS. **UD** MANUFACTURED IN A SHARED FACILITY

**Girl Scout** 



#### Do-si-dos®

#### **Nutrition Facts Nutrition Facts**

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

Calories	160 % Daily Value*
Total Fat 7g	% Daily Value 9%
Saturated Fat 2g	10%
Trans Fat Og	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2.5g	
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 10g Added Sug	ars <b>20%</b>
Protein 3g	
/it. D Omcg 0% • Calciu	ım 15mg 0%
ron 0.8mg 4% • Potas	. 70mg 0%

INGREDIENTS: ENRICHED ELOUR (WHEAT ELOUR NIACIN REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, WHOLE GRAIN OATS, SOYBEAN AND PALM OIL. POLIO AUDY, GOLANI, MICLE VIAIN ON A CONSTRUCTION OF A CONSTRUCTIC FLAVORS SOV LECITHIN

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

MANUFACTURED IN A SHARED FACILITY M



Samoas

About 7 servings per container

INGREDIENTS: SUGAR VEGETARI E OU (PALM KERNEL PALM AND SOYBEAN OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 ITHIAMIN MONONITRATEI, VITAMIN B2 IRIBOFLAVINI, FOLIC COLOR DEXTROSE NATURAL AND ARTIFICIAL FLAVORS SOV LECITHIN SORDITAN TRISTEARATE, LEAVENING (BAKING SODA, MONOCALCIUM Phosphate), Carrageenan.

CONTAINS WHEAT, COCONUT, MILK AND SOY INGREDIENTS. UDD WITH PEANUTS. TREE NUTS & EGG.



INGREDIENTS: PEANUT BUTTER (PEANUTS, SUGAR 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 DEFATTED PEANUT FLOUR

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

ntainer		AD0	UT 8 S6	erving	s p	er cont	ainer	
okies (25	ig)	Ser	ving s	ize		4 cook	ies (3	1g)
14	0		nt per ser				16	0
% Daily Va	lue*					4	% Daily V	alue*
1	0%	Tota	Fat 7g	ļ				<b>9%</b>
2	0%	Sa	turated	Fat 5g			:	25%
	_	Tra	a <i>ns</i> Fat	Og				
	_	Po	lyunsatı	irated F	at	1g		
	_	Mo	nounsa	turated	Fa	t 1g		
	0%	Chol	esterol	0mg				0%
	3%	Sodi	<b>um</b> 12	Omg				5%
	5%	Tota	Carbo	hydrate	e 2	1g		8%
	4%	Die	etary Fib	er <1	g			3%
		Tot	al Suga	rs 10g				
s 1	4%		Includes	s 9g Ad	dec	l Sugars		18%
	_	Prot	<b>ein</b> 2g					
m Omg	0%	Vit D	) Omcq	0%	•	Calcium	10ma	0%
60mg			1.2mg			Potas.	40ma	
a nutrient in a et. 2,000 calori ee.		*The % servir	6 Daily Vali 1g of food (	ue tells yo contribute	s to	w much a nu a daily diet. 2 tion advice.	trient in a	
R, HYDROGENATE AT FLOUR, NIACII						AT FLOUR, NIA VITAMIN B2 (RI		

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 SODA, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, WHEY WITH ALKALI, INVERT SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM Phosphate), Cornstarch, Salt, Sorbitan Tristearate, Soy Lecithia NATURAL AND ARTIFICIAL FLAVORS, OIL OF PEPPERMINT

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

NON-VEGAN INGREDIENTS



About 8 servings Serving size	
	2 cookies (31g
Amount per serving Calories	150
Valutics	% Daily Value
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat Og	
Polyunsaturated Fat	0.5g
Monounsaturated Fa	at 2.5g
Cholesterol Omg	0%
Sodium 110mg	5%
Total Carbohydrate	21g <b>8</b> %
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 10g Add	led Sugars 20%

Vit. D Omcg 0%	٠	Calcium	0mg	0%
Iron 0.8mg 4%	٠	Potas.	50mg	0%
*The % Daily Value tells yo serving of food contribute	s to	a daily diet.		

IRON INGREDIENTS: GRAHAM FLOUR SUGAR PAIM OIL WHEAT FLOUR CANE SUGAR, CORNSTARCH, COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, CHOCOLATE, MOLASSES, SALT, NATURAL FLAVORS, BAKING

CONTAINS WHEAT, SOY AND MILK INGREDIENTS. MANUFACTURED IN A SHARED FACILITY WITH PEA

NUTS,	TREE	NUTS,	SESAME	& EGG.	

Toffee-tastic <sup>®</sup>	Raspberry Rally <sup>™</sup> MADE WITH VEGAN INGREDIENTS
GLUTEN-FREE	MADE WITH VEGAN INGREDIENTS
<b>Nutrition Facts</b>	<b>Nutrition Facts</b>
About 7 servings per container	About 8 servings per container
Serving size 2 cookies (28g)	Serving size 4 cookies (31g)
Amount per serving	Amount per serving
<u>Calories</u> 140	<u>Calories</u> 160
% Daily Value*	% Daily Value*
Total Fat 7g 9%	Total Fat 8g 10%
Saturated Fat 4g 20%	Saturated Fat 5g 25%
Trans Fat Og	<i>Trans</i> Fat Og
Polyunsaturated Fat 0.5g	Polyunsaturated Fat 1g
Monounsaturated Fat 2.5g	Monounsaturated Fat 1g
Cholesterol 10mg 3%	Cholesterol 5mg 1%
Sodium 90mg 4%	Sodium 90mg 4%
Total Carbohydrate 19g 7%	Total Carbohydrate 21g 8%
Dietary Fiber Og 0%	Dietary Fiber 1g 3%
Total Sugars 7g	Total Sugars 10g
Includes 7g Added Sugars 14%	Includes 9g Added Sugars 19%
Protein <1g	Protein 2g
Vit. D Omcg 0%	Vit. D Omcg 0% • Calcium 20mg 2%
Iron 0.1mg 0% • Potas. 5mg 0%	Iron 1.1mg 6% • Potas. 30mg 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.	*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, SOV LECITIHN, SALT), INVERT	INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), SUGAR, VEGETABLE OIL (PALIM KENNEL, PALM AND SOVEEN OIL).

SALT), PALM OIL, BROWN RICE FLOUR, BUTTER TOFFEE BITS (SUGA BUTTER [CREAM, SALT], CORN SYRUP, SOY LECITHIN, SALT), INVER 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.

ITTAN GUM,	CUCUA, CUNTAINS 2% ON LESS OF INVENT SUGAN, CUCUA	
~	WITH ALKALI, CORNSTARCH, SALT, LEAVENING (MONOCAL	
(U)D	PHOSPHATE, BAKING SODA), SOY LECITHIN, CITRIC ACID, I	NATURAL AND
90	ARTIFICIAL FLAVORS, RED 40, SORBITAN TRISTEARATE.	~
	CONTAINS WHEAT AND SOY INGREDIENTS.	(U)
(M)	MANUFACTURED IN A SHARED FACILITY	$\sim$
~~~~	WITH PEANUTS, TREE NUTS, MILK & EGG.	
	MADE WITH VEGAN INGREDIENTS.	
	MADE IN A FACILITY THAT HANDLES	V



RED IN A SHARED FACILITY IS TREE NUTS MILK & EGG EGAN INGREDIENTS CILITY THAT HANDLES NON-VEGAN INGREDIENTS

COCOA, CONTAINS 2% OR LESS OF INVERT SUGAR, COCOA PROCESSED



052022