



**Congratulations, Girl Scout!** We are so excited for you to be participating in your first Girl Scout Cookie Program. Girl Scouts have been selling cookies for over 100 years and we are thrilled for you to join in this legendary entrepreneurial experience. Visit [www.gsnnj.org](http://www.gsnnj.org) to find out more about the Girl Scout Cookie Program. To earn a free Cookie Rookie patch, participate in at least **5 of these fun activities**. Once earned, visit any GSNNJ Council Shop to receive your free patch.

### 1. Get to know the Cookies!

- Have you ever tried a Girl Scout Cookie before?
  - If so, what is your favorite Girl Scout cookie?
  - If not, which cookie are you most excited to try?
- Which cookie might you suggest to a friend?

### 2. Create a sales pitch.

- Find out what a sales pitch is.
- Identify why it is important to practice a sales pitch.
- Practice your sales pitch on a sister Girl Scout, Troop Leader, Parent or Caregiver.

### 3. Set your goals.

- Discover what a goal is.
- Set your personal goal for this year's Girl Scout Cookie Program.
- Work with your fellow Girl Scouts to come up with a Troop goal.

- Discuss how your Troop will spend the Troop Proceeds earned from the Girl Scout Cookie Program.

#### 4. Cookie Safety

- Identify some safety rules Girl Scouts should follow when selling cookies.
- Decide how you and your Troop will stay safe when selling cookies.
- Create a chart listing your top 5 safety rules and bring it with you as a reminder when you are selling cookies.

#### 5. The Girl Scout Way

- Recite the Girl Scout Law.
- How can you follow the Girl Scout Law when selling cookies?
- Why are saying “Please” and “Thank You” important?
- What should you say/do if someone does not want to buy cookies?

#### 6. Cookie Booth Sale Basics

- Discover what a Booth Sale is.
- Describe what a great Booth Sale would look like.
- List some great places to hold a Booth Sale.
- Create a poster to display at your Booth Sale.

#### 7. Digital Cookie

- Did you know you can sell Girl Scout Cookies online?
- Create your Digital Cookie account.
- Send out 5 or more emails to customers.
- Play one game or do one activity on Digital Cookie.

#### 8. Cookies from Home

- Find out about GSNNJ’s Cookies from Home donation program.
- What does it mean to donate?
- Have you ever donated something before?

Girl Scout’s first name:	Troop Number:
Date activities completed:	



# 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.  
 \$6.00  
 U D



### 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.  
 \$6.00  
 U D



### Trefoils®

Iconic shortbread cookies inspired by the original Girl Scout recipe  
 Approximately 38 cookies per 9 oz. pkg.  
 \$6.00  
 U D



### 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.  
 \$6.00  
 U D



### Samoas® • Real Cocoa • Real Coconut

Crisp cookies with caramel, coconut and dark chocolaty stripes  
 Approximately 15 cookies per 7.5 oz. pkg.  
 \$6.00  
 U D



### 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.  
 \$6.00  
 U D



### Thin Mints® • Made with Vegan Ingredients • Real Cocoa

Crisp, chocolaty cookies made with natural oil of peppermint  
 Approximately 30 cookies per 9 oz. pkg.  
 \$6.00  
 U



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

Graham sandwich cookies with chocolate and marshmallowy flavored filling  
 Approximately 16 cookies per 8.5 oz. pkg.  
 \$6.00  
 U D



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

Rich, buttery cookies with sweet, crunchy toffee bits  
 Approximately 14 cookies per 6.7 oz. pkg.  
 \$6.00  
 U D



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ACCEPTED



## Adventurefuls\*

### Nutrition Facts

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

Amount per serving  
**Calories** 120

		% Daily Value*
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	8g	
Includes 8g Added Sugars		16%
Protein	1g	
Vit. D 0mg 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), RESTAURANT BLEND (COFFEE, PALM OIL, PALM KERNEL), COCOA PROCESSED WITH ALKALI, SEMI-SWEET CONDENSED MILK, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, CONTAINS 2% OR LESS OF COCOA, INSTANT MILK, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FIBER).

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGGS.



## Lemon-Ups\*

### Nutrition Facts

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

Amount per serving  
**Calories** 140

		% Daily Value*
Total Fat	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
Polysaturated 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 0mg 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 OIL, PALM OIL, COCOA, 2% OR LESS OF NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUM PHOSPHATE), VANILLA EXTRACT, COCOA, SOY LECITHIN, CITRIC ACID, WHEY PROTEIN CONCENTRATE, PROPYLENE GLYCOL, ALUMINATE, FRUIT & VEGETABLE JUICES.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGGS.



## Trefoils\*

### Nutrition Facts

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

Amount per serving  
**Calories** 160

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Polysaturated 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 0mg 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), SUGAR AND PALM OIL, SUGAR, CONTAINS 2% OR LESS OF BROWN SUGAR (SUGAR, MALASSES), 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 & EGGS.



## Do-si-dos\*

### Nutrition Facts

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

Amount per serving  
**Calories** 160

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	2g	10%
Trans Fat	0g	
Polysaturated 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 0mg 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 OIL, PALM OIL, PEANUT BUTTER (PEANUTS, HYDROGENATED PALM OIL), VETIVERE, MINTY SUGAR, CONTAINS 2% OR LESS OF WHEAT, 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 & EGGS.



## Samoas\*

### Nutrition Facts

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

Amount per serving  
**Calories** 150

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	6g	30%
Trans Fat	0g	
Polysaturated 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 0mg 0% • Calcium 10mg 0%		
Iron 0.8mg 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 OIL, SWEETENED CONDENSED MILK (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), COCOA BUTTER (PEANUTS, HYDROGENATED PALM OIL), MILK, SUGAR, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SALT, CARAMEL COLOR, VANILLA EXTRACT, CONTAINS 2% OR LESS OF SORBOLIN, COCOA, GLYCEROL, MINTY SUGAR, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SALT, CARAMEL COLOR, VANILLA EXTRACT, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, SODIUM TRISILICATE, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH.

CONTAINS WHEAT, COCONUT, MILK AND SOY INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & EGGS.



## Tagalongs\*

### Nutrition Facts

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

Amount per serving  
**Calories** 140

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	4g	20%
Trans Fat	0g	
Polysaturated 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 0mg 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), RESTAURANT BLEND (COFFEE, PALM OIL, PALM KERNEL), COCOA PROCESSED WITH ALKALI, SEMI-SWEET CONDENSED MILK, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, CONTAINS 2% OR LESS OF COCOA, INSTANT MILK, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FIBER).

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH TREE NUTS & EGGS.



## Thin Mints\*

### Nutrition Facts

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

Amount per serving  
**Calories** 160

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	5g	25%
Trans Fat	0g	
Polysaturated 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 0mg 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 OIL) AND SOYBEAN OIL, COCOA, CARAMEL COLOR, CONTAINS 2% OR LESS OF COCOA PROCESSED WITH ALKALI, MINTY SUGAR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, SALT, SODIUM TRISILICATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, OIL OF PEPPERMINT.

CONTAINS WHEAT AND SOY INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, MILK & EGGS.



## Girl Scout S'mores\*

### Nutrition Facts

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

Amount per serving  
**Calories** 150

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Polysaturated 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 0mg 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, CAKE SUGAR, CORNSTARCH, COCOA, CONTAINS 2% OR LESS OF WHEAT, SUGAR, CHOCOLATE, MALASSES, SALT, NATURAL FLAVORS, BAKING SODA, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, WHEAT.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, SEAME & EGGS.



## Toffee-tastic\*

### Nutrition Facts

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

Amount per serving  
**Calories** 140

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	4g	20%
Trans Fat	0g	
Polysaturated 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 0mg 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, CRACKED CORN, SUGAR, BUTTER (CREAM, SALT), PALM OIL, BROWN RICE FLOUR, BUTTER-TREE-FREE BITS (SUGAR, BUTTER (CREAM, SALT), COCOA BUTTER, SOY LECITHIN, SALT), MINTY SUGAR, CONTAINS 2% OR LESS OF SALT, SOY LECITHIN, LANTHANUM OXIDE, BAKING SODA.

CONTAINS MILK AND SOY INGREDIENTS.

MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS, WHEAT & EGGS.

