



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 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:	



2024-2025 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.
U D

\$6.00



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.
U D

\$6.00



Trefoils®

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

\$6.00



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.
U D

\$6.00



Samoas®

• Real Cocoa
• Real Coconut

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

\$6.00



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.
U D

\$6.00



Thin Mints®

• Made with Vegan Ingredients
• Real Cocoa

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

\$6.00



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.
U D

\$6.00



Toffee-tastic®

• No Artificial Flavors

GLUTEN-FREE

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

\$6.00



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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	8g	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		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), RESTAURANT OIL (COSEAN, PALM AND PALM KERNEL), COCOA PROCESSED WITH ALKALI, SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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	0mcg	0%
Calcium	0mg	0%
Iron	0.7mg	4%
Potas.	10mg	0%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), SUGAR, SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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	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), SUGAR, SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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	0mcg	0%
Calcium	15mg	0%
Iron	0.8mg	4%
Potas.	70mg	0%

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INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), SUGAR, SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.
MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, 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	0mcg	0%
Calcium	10mg	0%
Iron	0.8mg	2%
Potas.	45mg	0%

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INGREDIENTS: SUGAR, VEGETABLE OIL, PALM KERNEL, PALM AND SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

CONTAINS WHEAT, COCAIN, 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	0mcg	0%
Calcium	0mg	0%
Iron	0.7mg	2%
Potas.	60mg	0%

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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 OIL (COSEAN, PALM AND PALM KERNEL), COCOA PROCESSED WITH ALKALI, SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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

Thin Mints®

MADE WITH VEGAN INGREDIENTS

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	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 SWEETENED CONDENSED MILK (SUGAR, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT), CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
MANUFACTURED IN A SHARED FACILITY WITH PEANUTS, TREE NUTS & 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	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: CHOCOLATE FLOUR, SUGAR, PALM OIL, WHEAT FLOUR, COSEAN, CHOCOLATE, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT, CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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

Toffee-tastic®

GLUTEN-FREE

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	0mcg	0%
Calcium	0mg	0%
Iron	0.1mg	0%
Potas.	5mg	0%

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INGREDIENTS: RICE FLOUR, TOPICAL STARCH, SUGAR, BUTTER (COCOA, SALT), PALM OIL, BROWN RICE FLOUR, BUTTER-TREE-FREE BUTTER, BUTTER (COCOA, SALT), COCOA BUTTER, SOY LECITHIN, SALT, BAKING SODA, COCAIN BUTTER, SOY LECITHIN, VANILLA EXTRACT, CONTAINS 2% OR LESS OF COCAIN, HONEY, BUTTER, MILK, SALT, SOY LECITHIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVORS, PAPAYA EXTRACT (FOLIC ACID).

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

