



# 2025–2026 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.

①D



### 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.

①D



### Trefoils®

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

①D



### 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.

①D



### Samoas® • Real Cocoa • Real Coconut

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

①D



### 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.

①D



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

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

①



### Exploremores™ • Real Cocoa

NATURALLY AND ARTIFICIALLY FLAVORED

Rocky road ice cream-inspired cookies filled with flavors of chocolate, marshmallow and toasted almond crème  
Approximately 18 cookies per 7.9 oz. pkg.

①D



### Toffee-tastic® • No Artificial Flavors

GLUTEN-FREE

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

①D



Adventurefuls®

Nutrition Facts

About 7 servings per container

Serving size2 cookies (24g)

Amount per serving

Calories120

% Daily Value\*

Total Fat6g7%

Saturated Fat3.5g18%

Trans Fat0g

Cholesterol0mg0%

Sodium80mg4%

Total Carbohydrate16g6%

Dietary Fiber1g3%

Total Sugars9g

Includes 9g Added Sugars18%

Protein1g

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.

Lemon-Ups®

Nutrition Facts

About 6 servings per container

Serving size2 cookies (29g)

Amount per serving

Calories140

% Daily Value\*

Total Fat6g8%

Saturated Fat2g10%

Trans Fat0g

Cholesterol0mg0%

Sodium100mg4%

Total Carbohydrate20g7%

Dietary Fiber0g0%

Total Sugars7g

Includes 7g Added Sugars14%

Protein1g

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.

Trefoils®

Nutrition Facts

About 8 servings per container

Serving size5 cookies (32g)

Amount per serving

Calories160

% Daily Value\*

Total Fat7g9%

Saturated Fat2.5g13%

Trans Fat0g

Cholesterol0mg0%

Sodium110mg5%

Total Carbohydrate21g8%

Dietary Fiber0g0%

Total Sugars7g

Includes 6g Added Sugars12%

Protein2g

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.

Do-si-dos®

Nutrition Facts

About 6 servings per container

Serving size3 cookies (34g)

Amount per serving

Calories160

% Daily Value\*

Total Fat7g9%

Saturated Fat2g10%

Trans Fat0g

Cholesterol0mg0%

Sodium100mg4%

Total Carbohydrate22g8%

Dietary Fiber1g4%

Total Sugars11g

Includes 10g Added Sugars20%

Protein3g

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.

Samoas®

Nutrition Facts

About 7 servings per container

Serving size2 cookies (29g)

Amount per serving

Calories150

% Daily Value\*

Total Fat8g10%

Saturated Fat6g30%

Trans Fat0g

Cholesterol0mg0%

Sodium60mg3%

Total Carbohydrate18g7%

Dietary Fiber0g0%

Total Sugars11g

Includes 10g Added Sugars20%

Protein1g

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, 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.

**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 & EGG.

**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.

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), 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.

**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 size2 cookies (25g)

Amount per serving

Calories140

% Daily Value\*

Total Fat8g10%

Saturated Fat4g20%

Trans Fat0g

Cholesterol0mg0%

Sodium80mg3%

Total Carbohydrate13g5%

Dietary Fiber1g4%

Total Sugars8g

Includes 7g Added Sugars14%

Protein3g

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.

Thin Mints®

MADE WITH VEGAN INGREDIENTS

Nutrition Facts

About 8 servings per container

Serving size4 cookies (31g)

Amount per serving

Calories160

% Daily Value\*

Total Fat7g9%

Saturated Fat5g25%

Trans Fat0g

Cholesterol0mg0%

Sodium120mg5%

Total Carbohydrate21g8%

Dietary Fiber<1g3%

Total Sugars10g

Includes 9g Added Sugars18%

Protein2g

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.

Exploremores™

Nutrition Facts

About 9 servings per container

Serving size2 cookies (26g)

Amount per serving

Calories130

% Daily Value\*

Total Fat5g7%

Saturated Fat2g9%

Trans Fat0g

Cholesterol0mg0%

Sodium100mg4%

Total Carbohydrate18g7%

Dietary Fiber1g3%

Total Sugars8g

Includes 8g Added Sugars16%

Protein1g

Vit. D 0mcg 0% • Calcium 10mg 2%

Iron 1.3mg 8% • Potas. 80mg 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.

Toffee-tastic®

GLUTEN-FREE

Nutrition Facts

About 7 servings per container

Serving size2 cookies (28g)

Amount per serving

Calories140

% Daily Value\*

Total Fat7g9%

Saturated Fat4g20%

Trans Fat0g

Cholesterol10mg3%

Sodium90mg4%

Total Carbohydrate19g7%

Dietary Fiber0g0%

Total Sugars7g

Includes 7g Added Sugars14%

Protein<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.

Quick reference for allergens:

	SOY	WHEAT	MILK	PEANUTS	TREE NUTS	EGG
Adventurefuls	●	●	●	●	●	●
Lemon-Ups	●	●	●	●	●	●
Trefoils	●	●	●	●	●	●
Do-si-dos	●	●	●	●	●	●
Samoas	●	●	●	●	●	●*
Tagalongs	●	●	●	●	●	●
Thin Mints	●	●	●	●	●	●
Exploremores	●	●	●	●	●	●
Toffee-tastic	●	●	●	●	●	●

● CONTAINS

● MANUFACTURED IN A SHARED FACILITY WITH

\*MADE WITH COCONUT

Refer to your cookie package for the most current cookie information.

CERTIFIED SUSTAINABLE PALM OIL

Rspo

MIXED

RSPO-1106110

Although the use of palm oil in Little Brownie Bakers' 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 Little Brownie Bakers uses contributes to the production of environmentally responsible, socially beneficial and economically viable palm oil. For more information please visit [LittleBrownie.com](http://LittleBrownie.com).

**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.

**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.

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), COCOA (PROCESSED WITH ALKALI), CONTAINS LESS THAN 2% OF: INVERT SUGAR, SALT, LEAVENING (BAKING SODA, AMMONIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MOLASSES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, PEANUT FLOUR, WHEY (MILK).

**CONTAINS SOY, WHEAT, PEANUT AND MILK INGREDIENTS.**

MANUFACTURED IN A SHARED FACILITY WITH TREE NUTS & EGG.

**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.

For more info visit:

[LittleBrownie.com](http://LittleBrownie.com)

[girlscoutcookies.org](http://girlscoutcookies.org)