



Girl Scout Sparkables™ Rally Guide

Allergy-aware activities for brave, kind cookie entrepreneurs.

**Share
kindness.**



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Ready to Include, Ready to Rally!



Girl Scout Cookie Rallies are where the adventure begins.

This Girl Scout Sparkables™ activity guide, created in partnership with Partake, helps Girl Scouts explore how thoughtful entrepreneurs make more cookie customers feel welcome. Through hands-on activities, Girl Scouts will learn about food allergies, practice customer conversations, and discover how one allergy-friendly cookie option can help more people partake in cookie season.



Say Cookies, Share Kindness: Create simple photo props to share about their cookie business and goals with a caregiver.



Allergy Awareness, Made Playful: Use a Food Allergy Awareness bingo card to ask friendly, respectful questions about food allergies, labels, and cross-contact.

Guide Girl Scouts through allergy-aware activities that build inclusion and confidence.

Ask me about allergy-friendly options!

Ask first. Share kindness.

I help every cookie fan feel welcome!



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- **Welcome Cheer: Make Room for Every Cookie Fan**
- Allergen Fact or Myth

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Welcome Cheer: Make Room for Every Cookie Fan

Leader: Who do we make room for?

Girl Scouts: Everyone!

Leader: What do we do before we share?

Girl Scouts: Ask first!

Leader: How do cookie entrepreneurs help?

Girl Scouts: With kindness and care!



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○ Welcome Cheer: Make Room for Every Cookie Fan

● **Allergen Fact or Myth**

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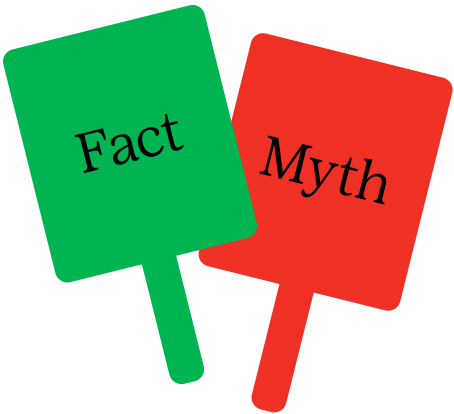
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Allergen Fact or Myth



How to play: Read each statement aloud. Girl Scouts hop to FACT or MYTH or hold up paddles. After each answer, share the quick explanation.

Supplies:

- Template
- Scissors
- Glue
- Popsicle Sticks (2 per Girl Scout)

Key reminder:

Girl Scouts do not need to be allergy experts. They can help customers by listening, checking official information, and asking an adult for help.



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Food Allergy Fact or Myth Cards

Copy for Troop Leaders	
☐ Myth: <i>Food allergies are not that serious.</i> Fact: Food allergies can be serious and even life-threatening.	☐ Myth: <i>Food allergies only start when you are a kid.</i> Fact: Food allergies can develop at any age.
☐ Myth: <i>A tiny bite of an allergen will not hurt if you have food allergies.</i> Fact: Even a trace amount of an allergen can cause a severe reaction for some people.	☐ Myth: <i>If symptoms do not happen right away, the person is fine.</i> Fact: Symptoms can appear within seconds, but they can also take up to two hours to show up.
☐ Myth: <i>If a food looks safe, it is safe.</i> Fact: Foods may appear harmless but can contain allergens so it is important to read labels and ask questions.	☐ Myth: <i>Antihistamines, like Benadryl, can stop a serious allergic reaction.</i> Fact: Antihistamines may help with some symptoms, but epinephrine (epi-pen, Neffy spray) is the medicine used to treat anaphylaxis. Anaphylaxis is a severe, rapid, and potentially life-threatening allergic reaction.
☐ Myth: <i>Food allergies and food intolerances are the same thing.</i> Fact: Food allergies involve the immune system. Food intolerances can be uncomfortable, but they are not the same as food allergies.	☐ Myth: <i>Peanut allergy is always the most dangerous food allergy.</i> Fact: No single food allergy is automatically more dangerous than another. Many foods can cause serious reactions.
☐ Myth: <i>Every allergic reaction gets worse than the last one.</i> Fact: Food allergy reactions can be unpredictable. A person may react differently each time.	☐ Myth: <i>Cross-contact is not a big deal.</i> Fact: Cross-contact matters. If an allergen touches a food that was otherwise safe, that food may no longer be safe for someone with that allergy.

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Food Allergy Fact or Myth Cards

Fact

Myth

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○ Founder Story Cards

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Meet Partake



Meet the Founder: Denise and Vivi

Denise Woodard founded Partake in 2016 after her daughter Vivi was diagnosed with several food allergies. She wanted to create delicious treats that more kids and families could enjoy together. Before Partake was sold in thousands of stores nationwide, Denise sold cookies out of her car and self-distributed just like a Girl Scout! What being the Founder & CEO of Partake has taught Denise is that inclusivity matters and ensuring everyone has a seat at the table is always a great business decision.

Vivi is a Girl Scout, too, which makes their story especially relevant during cookie season: Girl Scouts know that kindness, courage, and community can show up in everyday moments—even at a cookie booth.

Denise and Partake are proud to partner with Girl Scouts to create Girl Scout Sparkables™, allergy-friendly oatmeal chocolate chip cookies with colorful sprinkles that celebrate the spark within each of us and help more of us join in on the fun of cookie season.



**Inclusivity
matters!**

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Founder Story Cards

Pick a card, explain it, act it out, or draw it!

Meet Denise

Denise Woodard is the founder & CEO of Partake Foods.

Meet Vivi

Vivi is Denise’s daughter and a Girl Scout.

The Big Idea

Denise wanted more families to share memorable moments safely.

The Mission

Partake makes allergy-friendly foods so more people can be included.

Girl Scout Connection

Cookie season is a chance to practice inclusion, courage, and customer care.

What Girl Scouts Can Do

Listen kindly. Check official allergen information. Ask an adult if you are not sure.

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- Allergy Awareness Bingo
- Allergy Awareness Bingo Card
- Share Kindness, Not Allergens

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Allergy Awareness Bingo



Find someone who!

Girl Scouts move around the troop or rally group with a bingo grid and ask friendly, respectful questions about food allergies, labels, and inclusion. When a statement applies to someone, that person initials the square or places a sticker. The goal is to notice how many people have food allergies in their lives and practice asking, listening, and including with care.

Explore More Possibilities: Play as a troop mixer, station warm-up, or take-home conversation starter. For Daisy and Brownie Girl Scouts, use icons, stickers, or buddy readers. Remind girls: only share what feels comfortable, use first names or initials only, and it is always okay to pass.

Share only what feels okay.
Use first names or initials. You can always pass.



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Allergy Awareness Bingo Card

Print and cut out your own Bingo Card.

Find Someone Who... Food Allergy Awareness

B I N G O

Has someone in their house with food allergies	Has checked a food label before eating a snack	Knows what the word “allergen” means	Has asked, “Is this safe for me?”	Knows that you should not guess about ingredients
Has heard of cross-contact	Knows one of the Top 9 allergens	Has helped pack a snack for school or a trip	Knows that food allergies are serious	Has seen an ingredient label on a food package
Knows that even a tiny amount of an allergen can matter	Has heard of sesame as an allergen	Let's check the label together. FREE SPACE	Has talked with an adult about food allergies	Knows that labels are important
Has shared food safely by asking first	Knows that milk is one of the Top 9 allergens	Knows that peanuts are one of the Top 9 allergens	Knows that eggs are one of the Top 9 allergens	Knows that wheat is one of the Top 9 allergens
Can name a way to include someone with food allergies	Knows that soy is one of the Top 9 allergens	Knows that tree nuts are one of the Top 9 allergens	Knows that fish or shellfish can be allergens	Knows you should wash hands before handling food

Find Someone Who... Food Allergy Awareness

B I N G O

Has someone in their house with food allergies	Has checked a food label before eating a snack	Knows what the word “allergen” means	Has asked, “Is this safe for me?”	Knows that you should not guess about ingredients
Has heard of cross-contact	Knows one of the Top 9 allergens	Has helped pack a snack for school or a trip	Knows that food allergies are serious	Has seen an ingredient label on a food package
Knows that even a tiny amount of an allergen can matter	Has heard of sesame as an allergen	Let's check the label together. FREE SPACE	Has talked with an adult about food allergies	Knows that labels are important
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Can name a way to include someone with food allergies	Knows that soy is one of the Top 9 allergens	Knows that tree nuts are one of the Top 9 allergens	Knows that fish or shellfish can be allergens	Knows you should wash hands before handling food

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Allergy Awareness

- Allergy Awareness Bingo
- Allergy Awareness Bingo Card
- **Share Kindness, Not Allergens**

Share Kindness, Not Allergens



How Allergens Can Move

Food allergies matter. Sometimes an allergen can move from one food, hand, or surface to another. This is called cross-contact. In this activity, glitter or shaving cream stands in for an allergen so Girl Scouts can see how easily it can travel.

Supplies:

- Instructions
- Washable glitter or shaving cream
- Paper towels
- Soap/water or wipes
- Disposable table covering
- Sample props such as a: marker, popsicle stick, box, paper



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Share Kindness, Not Allergens Activity Instructions

- 1 Put a small amount of glitter or shaving cream on one volunteer's hands.
- 2 Ask her to pick up the marker or popsicle stick.
- 3 Look for glitter on the objects and hands.



- 4 Hand the object to a friend.
- 5 Talk about what happened: allergens can cling and move too.
- 6 Clean hands and surfaces.



Girl Scout Takeaway:

I will not guess. I will help customers check official allergen information.

Accuracy note: Adapted from FARE Food Allergy Myths and Facts. Do not add medical claims beyond approved source language. Encourage checking official allergen information and asking an adult.

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Photo Booth: Say Cookies, Share Kindness

Girl Scouts pose with Partake props and playful speech bubbles. They can use the photos at home with caregiver help to talk about their cookie business and goals.

Supplies:

- Templates
- Scissors
- Glue or tape
- Popsicle sticks



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Photo Booth Props (1 of 5)



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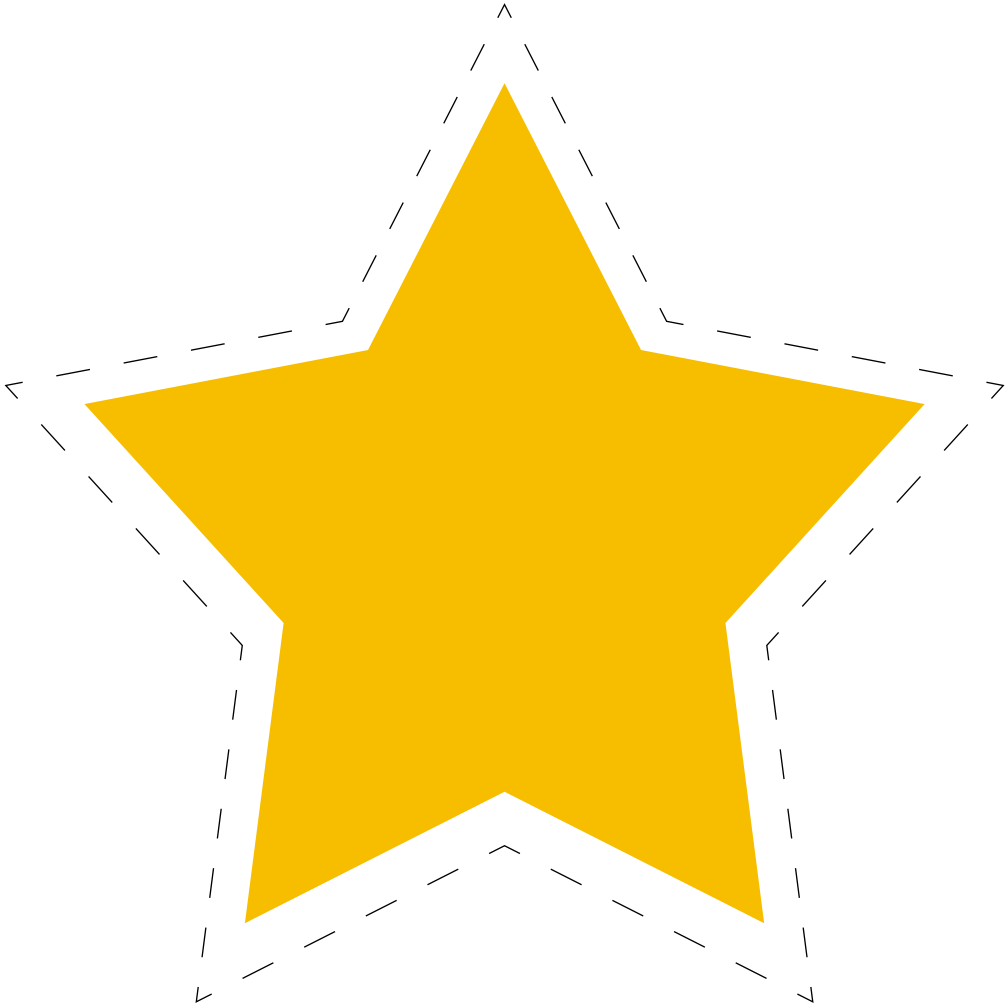
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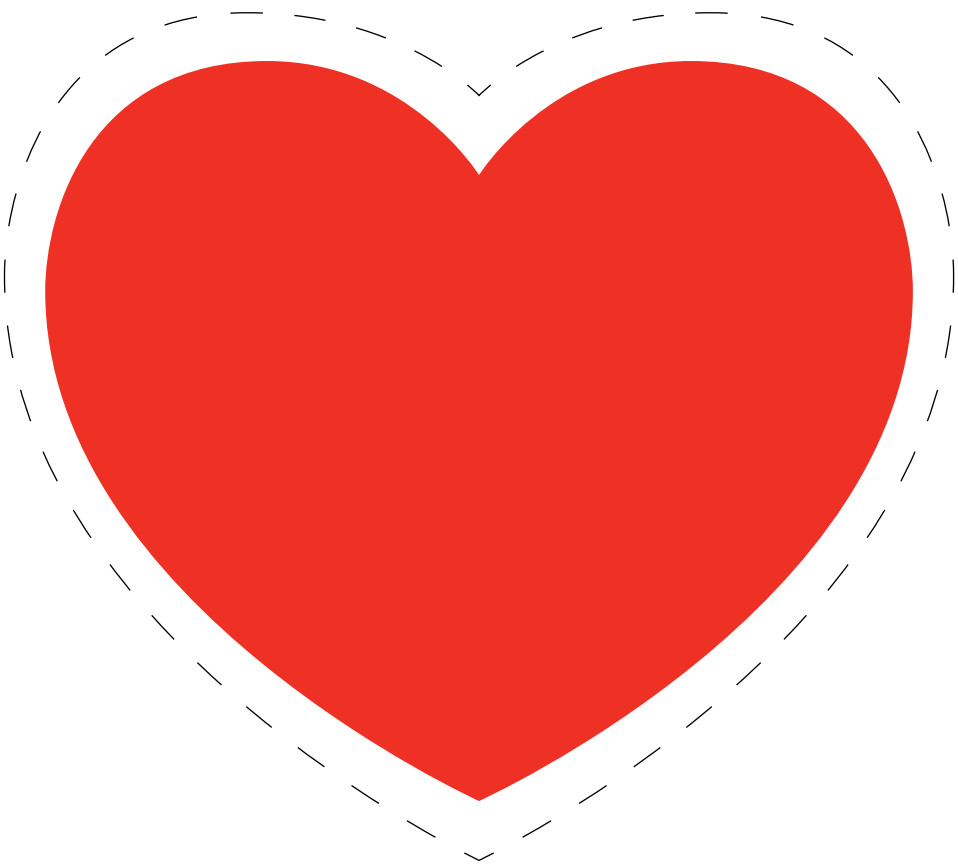
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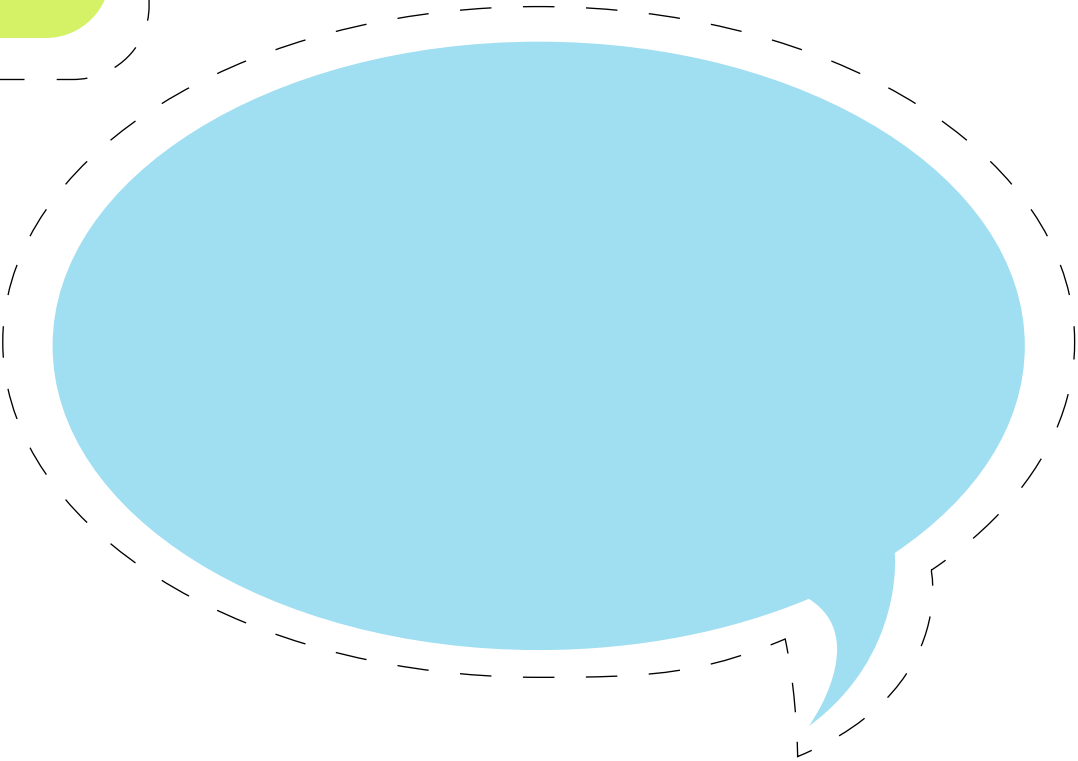
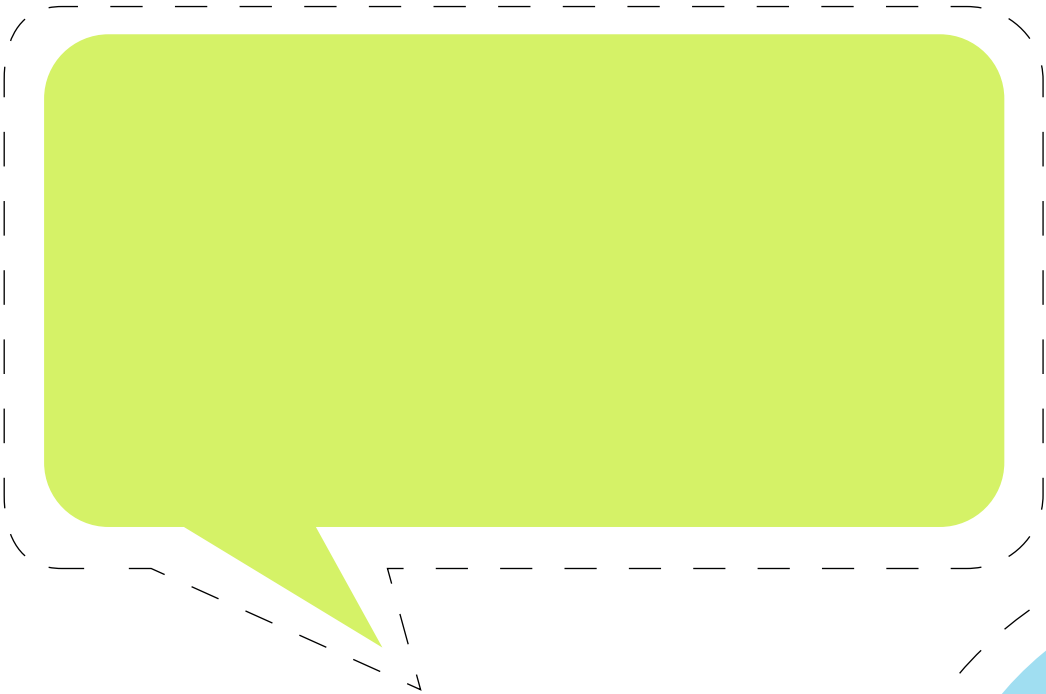
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Button Making Station



Button Making Station

Girl Scouts make a button, sticker, or paper badge to wear when selling with adult guidance.

Supplies:

- Template
- Scissors
- Tape



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Ask Me Button Sheet



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Commercial Script



Daisy-Friendly Cookie Commercial

Girls can fill in the blanks with words, stickers, or pictures.
Record at home with caregiver help, or practice at the rally.

Hi! My name is  YOUR NAME. I am a 
Girl Scout in Troop  NUMBER. This season,
I am selling Girl Scout Cookies to help my
troop  GOAL. You can order
cookies online by  INSTRUCTIONS. Ask me
about our cookie options, including
allergy-friendly choices. Thank you for
helping me reach my goal!



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Booth Tools



Design a Booth Paddle

Girl Scouts color and decorate booth paddles that help customers notice important options. Paddles can highlight online ordering, Partake allergy-friendly option, or QR code ordering.

Supplies:

- Templates
- Popsicle sticks
- Glue or tape
- Scissors
- Markers or crayons



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Customize your own booth paddles by coloring and drawing your own cookies!



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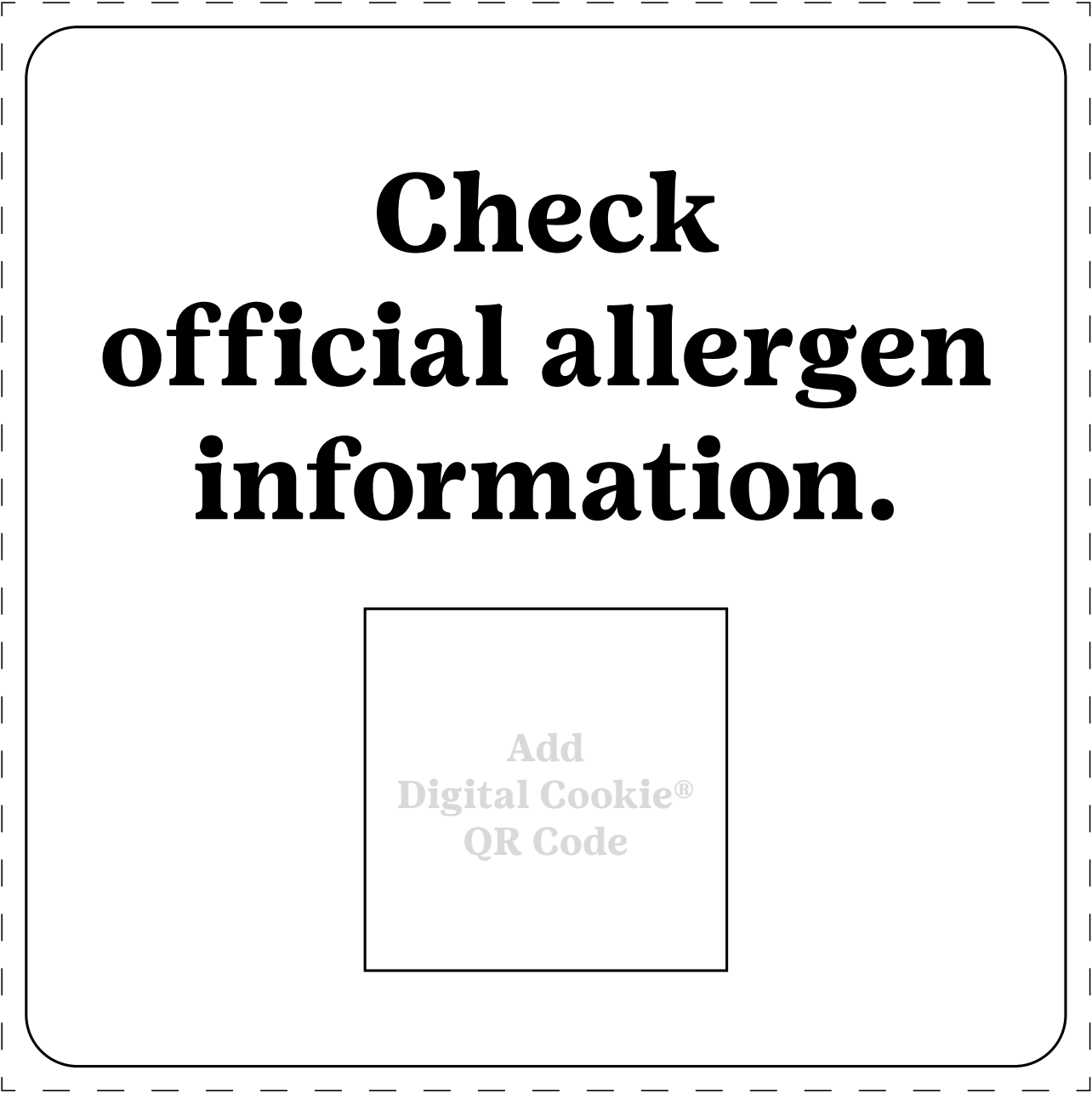
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Customize your own booth paddles by coloring and drawing your own cookies!

**Ask me about
allergy-friendly
options!**

**Add
Digital Cookie®
QR Code**

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● **Here, There, Allergy-Aware**
○ Conversation Cards

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Here, There, Allergy-Aware



Girl Scouts practice customer conversations for a booth, door-to-door, phone, or online setting. They learn simple, safe responses to questions about ingredients and allergies.

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Customer Role Play Cards

Cut cards out and fold along the dotted line.

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Question:
Do you have
anything
gluten-free?

Question:
My child
has food
allergies.
What can
they eat?

Question:
Are these
cookies
vegan?

Question:
I want to order
online. Can
you help?

Question:
Why does
allergy-
friendly
matter?

Answer:
Food
allergies are
important.
Let me help
you check
the official
information.

Answer:
I do not want
to guess, but
I can ask an
adult to help.

Answer:
Thank you
for asking.
We want
every
customer to
feel included.

Answer:
You can scan
my QR code
and save my
store to order
later.

Answer:
Partake
was created
so more
people could
share sweet
moments
together.

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Top 9 Allergen Word Search



Find-a-Word

Food allergies are important to understand because, for someone with food allergies, coming into contact with even a small amount of that allergen can make someone have a reaction. In this activity, Girl Scouts will search for the Top 9 major food allergens hidden in the puzzle on the next page.

As you find each word, think about how a thoughtful cookie entrepreneur can help customers feel welcome, safe, and included. Remember: we do not guess about allergies. We help customers check labels, packaging, and official allergen information.



Girl Scout Challenge

After you finish the word search, choose one allergen from the list and practice this customer-friendly response:

“Oh, you’re allergic to *[insert top 9 food allergen here]*. Did you know we now have a super yummy, allergy-friendly cookie? It’s made in a Top 9 allergen free facility. Let’s check the package or official allergen information together.”

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Word Search

Circle the words as you find them.

Find These Words:

- MILK
- EGGS
- FISH
- SHELLFISH
- TREE NUTS
- PEANUTS
- WHEAT
- SOY
- SESAME

C	J	K	R	S	D	Q	A	S	G	G	E	M
K	Q	C	V	J	T	C	J	T	E	F	A	D
T	D	L	X	S	L	U	I	V	F	M	Y	S
R	G	Y	U	K	F	E	N	C	U	P	J	Z
E	E	V	B	R	I	M	T	A	B	P	X	E
E	K	Y	H	P	S	A	V	A	E	Z	H	P
N	Y	O	S	J	H	S	W	U	E	P	A	R
U	H	H	J	A	X	E	E	U	S	H	R	C
T	J	X	G	U	D	S	F	K	W	M	W	Z
S	M	S	H	E	L	L	F	I	S	H	X	M
O	L	M	I	E	H	Y	L	V	V	J	I	V
J	R	V	P	N	P	P	I	J	Y	L	M	D
D	X	W	X	Z	X	X	H	E	K	Y	N	D

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Set My Inclusion Goal



Inclusion starts with me.

Girl Scouts know that small choices can help others feel welcome. In this activity, Girl Scouts will set their inclusion goal and write it on a bracelet they can wear as a reminder during cookie season and beyond.

An inclusion goal is not about selling a certain number of packages. It is about how each Girl Scout wants to show kindness, care, and courage in her own way. Maybe she wants to help a friend feel included, remember to ask before sharing food, speak up when someone needs support, or make sure every customer feels welcome at the cookie booth.

Each Girl Scout will choose a short phrase or promise that feels true to her, write it on a bracelet, and decorate it with colors, words, and symbols that remind her what inclusion means.

What will your inclusion goal be?

Ask Girl Scouts to think about one way they can help others feel welcome, safe, and included.

They can complete one of these prompts:

I will include others by _____.

I can help someone feel welcome by _____.

I can be a kind cookie entrepreneur by _____.

My inclusion goal is _____.



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My Inclusion Bracelets



Bracelet Phrase Ideas

Girl Scouts can write their own phrase or choose one of these:

- Ask first
- No guessing
- Include everyone
- Everyone belongs
- Make room
- Share safely
- Be kind
- Kindness counts
- Check the label
- Welcome all
- Help others feel welcome
- Listen with care

Explore More Possibilities

Invite Girl Scouts to share their bracelet phrase with a buddy or troop volunteer. Then ask: “How can we practice these inclusion goals at our cookie booth, at school, at home, or with friends?”

Girl Scouts can also make a second bracelet to give to someone who helps them practice inclusion.

Supplies

- [Bracelet template](#)
- Markers or crayons
- Scissors
- Glue or tape

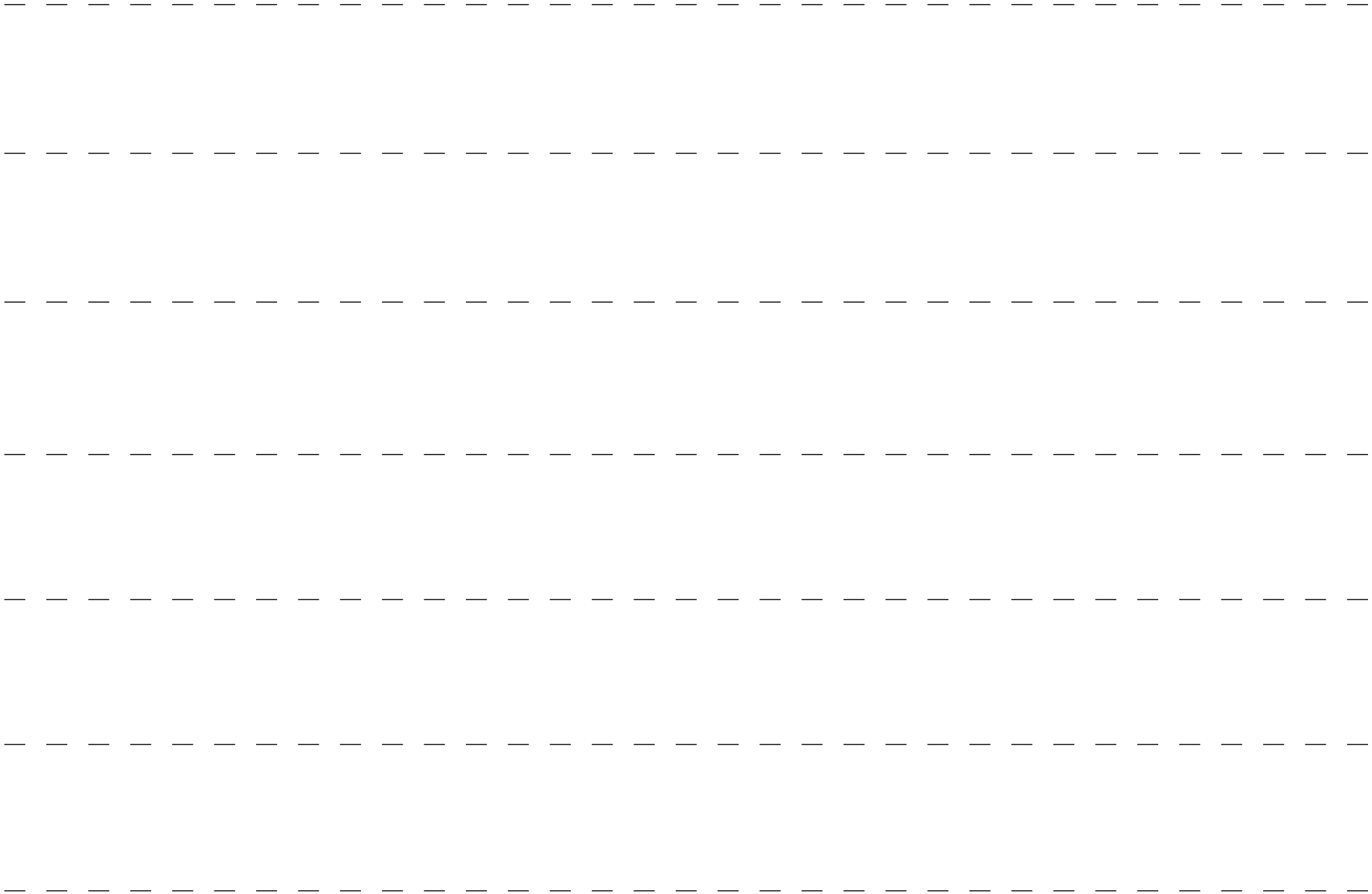
Instructions

1. Think about what inclusion means to you.
2. Choose one personal inclusion goal.
3. Write your goal or reminder phrase on your bracelet.
4. Decorate the bracelet with colors, symbols, or drawings that make it feel like yours.
5. Cut out the bracelet and tape it around your wrist.
6. Wear it as a reminder to help others feel welcome during cookie season.

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- Whole Group Activity
- Meet Partake
- Allergy Awareness
- Market My Cookie Business
- Connect with Customers
- Top 9 Allergen Word Search
- Explore My Goals**
- Ready to Plan
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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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● Ready to Plan

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Ready to Plan



Volunteer Rally Planner

Whole Group

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**Cross-Contact
Demo**

**Market My Cookie
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Booth Tools

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Sample Agenda



Partake Station Add-On Agenda

1 Setup: 2–4 Hours

- Set up activity stations.
- Prepare the stage for big group activities.
- Set up equipment, screens and presentatons and test them out.

2 Registration: 30 Minutes

- Greet Girl Scouts at the registration table.
- Provide name tags, Rally Station Cards or any other materials needed.

3 Welcome: 10–15 Minutes

- Welcome Girl Scouts with high energy and excitement.
- Mention Rally Station Cards can be shown at the end for a prize or patch.

4 Stations: 10–20 Minutes per Station

Rotate through rally stations. Select activities to support these key lessons.

Recommended quick-add stations

Photo Booth Props

Button Station

Fact or Myth

Booth Paddles

5 Group Activity: 20–30 Minutes

- Gather the Girl Scouts for an energetic whole group activity.

6 Wrap-Up: 10–20 Minutes

- Thank everyone for coming.
- Hand out rally patches and Participation Certificates.
- Send them off ready to start the cookie season.

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● **Skill Alignment**

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Skill Alignment



COOKIE SKILLS TARGETED

Meet Partake

Business Ethics, People Skills

Fact or Myth

Decision Making, Business Ethics

Allergy Awareness Bingo

People Skills, Business Ethics, Inclusion, Decision Making

Cross-Contact Demo

Business Ethics, People Skills

Photo Booth/Commercial

Marketing, Confidence, People Skills

Buttons/Paddles

Marketing, People Skills

Goal Tracker

Goal Setting

Every Customer Counts

Money Management, Business Ethics

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All Resources



All Resources

[More Info: FARE](#)

Watch: Partake Video *(available in September)*

[Say: Please refer to Additional Volunteer Resources](#)

Activities

[Allergy Awareness Bingo Card](#)

[Ask Me Button Sheet](#)

[Booth Paddle Templates](#)

[Conversation Cards](#)

[Daisy Commercial Script](#)

[Fact or Myth Cards](#)

[Founder Story Cards](#)

[Inclusion Goal Tracker](#)

[Photo Booth Props](#)

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PARTAKE



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