

# Girl Guide Cookies- Fact Sheet

## ABOUT GIRL GUIDE COOKIES

- Girl Guide cookies - the official fundraiser for Girl Guides across Canada. Money raised through cookie sales funds innovative and dynamic programs for girls.
- Over 4 million boxes of Girl Guide cookies are sold each year across the country.
- Chocolatey mint cookies are available from October to December. Classic chocolate and vanilla sandwich cookies are available from March to June.
- Girl Guides have been selling cookies in Canada since 1927.
- Since 2010 our classic chocolate and vanilla Girl Guide cookies have 0 g trans-fat per serving while our chocolatey mint cookies have only 0.1g trans-fat per serving.
- Classic chocolate and vanilla sandwich cookies now have no artificial flavours or colouring, and they are certified Kosher!

## HELPING GIRLS

- The funds raised from cookie sales support programs that give girls the chance to discover new interests, learn valuable leadership skills and make lasting friendships.
- Selling cookies helps girls challenge themselves by learning skills such as: teamwork, self-confidence, planning and goal setting, responsibility, community involvement, safety awareness, courtesy, problem solving, money mastery, entrepreneurship, advocacy and decision making.

## ENVIRONMENTALLY FRIENDLY PACKAGING

- Girl Guide cookie boxes are environmentally friendly – printed on 100% recycled material while the box's coating is water-based (which is more eco- friendly than previous coatings).

## OUR COOKIES ARE PEANUT-FREE!

- Girl Guide cookies proudly display the peanut-free logo and are produced in a peanut-free bakery to ensure that more Canadians than ever can enjoy them.

Canadians can find out where to buy Girl Guide cookies in their community by visiting the [Cookie Finder Page](#).

For further information, please visit [info@girlguides.ca](mailto:info@girlguides.ca).