



Questions and Answers – Girl Guide Cookies

Where can people buy Girl Guide cookies?

Girl Guide cookies are sold in communities across Canada. The chocolatey mint cookies are available every fall (October to December) and the classic chocolate and vanilla cookies are available every spring (March to June).

Girl Guide Members sell cookies at neighbourhood malls, community events and spaces and door-to-door. We encourage the public to contact their local Girl Guide office to find out where cookies will be available in their community. Check out the white pages in your telephone book or visit our website at www.girlguides.ca and click on your province.

When I buy Girl Guide cookies, where does my money go?

Proceeds from the sale of Girl Guides cookies support Guiding activities – both in the community and across the country. The money raised through cookie sales:

- Helps us provide diverse and exciting programs and activities.
- Allows girls the chance to discover new interests, learn valuable leadership skills and make lasting friendships.
- Assists girls and leaders with attending camps and events.
- Trains and support leaders.

How does cookie selling benefit the girls?

Cookie selling not only raises funds for Guiding programs but also allows girls to develop skills such as:

- Teamwork
- Self-confidence
- Planning and goal setting
- Responsibility
- Community involvement
- Safety awareness
- Courtesy
- Problem solving and decision making
- Money and time management
- Customer service

How much is a box of Girl Guide cookies?

Girl Guide cookies are sold for only \$4.00 a box, tax included.

How many boxes of Girl Guide cookies are sold each year?

Over four million boxes of Girl Guide cookies are sold each year across Canada.





Do girls earn any badges or awards for selling cookies?

Yes, we have created a national cookie program challenge that integrates cookies selling activities into the Guiding program. The girl-centered activities for each Guiding level help girls develop important life skills like teamwork, goal setting, communication and money management. In addition, some provinces have initiated their own cookie badges.

Do Girl Guide cookies have nuts in them?

There are no nuts or nut products in Girl Guide cookies. The nut-free statement is located beside the ingredient list on all cookie boxes. To avoid the risk of cross-contamination, our cookies are produced in a nut-free/peanut-free bakery to ensure that everyone can enjoy them.

How long have the Girl Guides been selling cookies?

Girl Guides have been selling cookies since 1927. It all began when a Regina Girl Guide Leader baked and packaged cookies as a simple way to raise money. Girl Guide cookies are a time-honoured and eagerly awaited Canadian tradition.

What is Girl Guides of Canada doing to address the trans fat concern?

GGC is aware of the health issues surrounding trans fats in food such as cookies. We are working diligently with our baker to review the ingredients that go into our cookies. It is important to remember that cookies are a treat to be consumed in small quantities as part of a balanced diet.

Please consult cookie FAQs on the national website at www.girlguides.ca for the most up-to-date information on Girl Guide cookies.

Who is the cookie supplier?

Our baker is Dare Foods, Ltd., a Canadian-owned company based in Kitchener, Ontario. Dare offers quality products, large production capacity, a nut-free/peanut-free manufacturing facility and nationwide distribution.

