



Girl Scouts of the Chesapeake Bay Council

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PRESS RELEASE

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Girl Scouts Offer Healthy Snacking Choices with Sugar-free, Low-Fat and Preservative-Free Cookies

The Girl Scout Cookie program is an opportunity for girls to fund their troop activities and gain a variety of skills, such as goal setting, planning, marketing, budgeting, record-keeping, community relations and, most of all, a sense of responsibility and achievement. It is also an opportunity to educate girls on safety, health, and nutrition.

All Girl Scout cookies are free of preservatives and have zero trans fats. The Little Brownie Bakers Girl Scout cookie product line includes Sugar Free Chocolate Chips. All of the varieties contain wheat, soy, and milk ingredients. The move to no preservatives, zero trans fats, and sugar free has not compromised the flavor, texture, or shelf life of the popular Girl Scout cookies. All of the cookie varieties have been thoroughly tested for freshness, shelf life, and customer taste appeal.

Girl Scout troops across the nation talk about health and nutrition. They learn to read labels and make informed choices that lead to a healthy lifestyle. Every box of Girl Scout cookies contains nutrition facts including serving sizes, calories, ingredients, and diet exchange.

A variety of Girl Scout recipes are available at www.littlebrowniebakers.com and www.gscb.org.

Ice Cream Sandwiches

Ingredients:

- 1 box of Sugar Free Chocolate Chips Girl Scout Cookies
- 1 carton of sugar-free or no-sugar-added vanilla ice cream

Directions:

1. Let the ice cream soften in the refrigerator for about 30 minutes.
2. Spread a scoop of ice cream on the bottom of one cookie.
3. Place a second cookie, bottom side down, on top of the ice cream.
4. Wrap each sandwich individually in aluminum foil.
5. Freeze for about two hours or until firm.



Girl Scout cookies are available in eight varieties - Thin Mints, Samoas, Tagalongs, Do-Si-Dos, Trefoils, sugar-free Chocolate Chip, Lemon Chalet Cremes, and Dulce de Leche. Cookies are just \$3.50 a box and can be ordered by calling 1-800-YUM-YUM2 or by visiting www.gscb.org. All profits benefit locally-based leadership programs for girls in grades K-12.

A leading advocate for and expert on girls, the Girl Scouts of the Chesapeake Bay builds girls of courage, confidence and character by providing personal leadership development and programs that teach skills for the real world. To learn more about Girl Scouts of the Chesapeake Bay Council, visit www.GSCB.org or call 1-800-374-9811 or 1-800-341-4007.