



Navigating Questions about the Presence of Metals and Glyphosate in Girl Scout Cookies

Thank you for all you do for girls. We know you're often at the forefront of your communities when it comes to questions about Girl Scouts, so we're making sure you have the most accurate and updated information about the alleged presence of glyphosate and other metals in Girl Scout Cookies. We're aware of the potential concerns you, your Girl Scouts, their families, and your cookie customers have, and we take that matter very seriously.

Recently, there have been several articles that debunk these claims. Here are some articles you can reference if needed:

- GSUSA Blog Post: [An Important Update for our Members and Supporters](#)
- [Snopes.com](#)
- [Brit + Co](#)
- [Unbiased Science](#)
- [Forbes](#)

Here are some talking points you can use with families, older girls, and customers if questions arise:

- Rest assured: Girl Scout Cookies are safe to consume.
- The health and safety of Girl Scouts and our customers is our top priority.
- All Girl Scout Cookies are produced by our trusted licensed bakers, who are leaders in their industry and made with ingredients that adhere to rigorous food safety standards set by the U.S. Food and Drug Administration (FDA) and other relevant authorities.
- The standards used in this study are what the Environmental Protection Agency (EPA) uses for water and should not be considered as a reference for testing food products. You would need to consume an enormous amount of Girl Scout Cookies to exceed the tolerance levels set by regulatory authorities.
- Due to its widespread use in agriculture, trace amounts of glyphosate can be found almost everywhere in the food chain, including in fresh fruits, vegetables, cereals, and other food and beverage commodities. It is never added as an ingredient to our Girl Scout Cookies.
- Environmental contaminants—which can include heavy metals— can occur naturally in soil. This means that nearly all foods using plant-based ingredients, including organic foods, may contain trace amounts.
- This does not mean that these foods are harmful to consume.

Frequently Asked Questions

Are Girl Scout Cookies safe to eat?

Yes. Girl Scout Cookies are made with high-quality ingredients and in full compliance with federal and state food safety regulations. They are safe to eat.

I read that Girl Scout Cookies contain harmful heavy metals—how could they be safe?

Environmental contaminants—which can include heavy metals— can occur naturally in soil. This means that nearly all foods using plant-based ingredients, including organic foods, may contain trace amounts. This does not mean these foods are harmful to consume.

But aren't the levels above what the EPA recommends?

No. The levels reported in recent coverage do not pose a safety concern. The standards used in this study are what the Environmental Protection Agency (EPA) uses for water and should not be considered as a reference for testing food products. You would need to consume an enormous amount of Girl Scout Cookies to exceed the tolerance levels set by regulatory authorities.

Why is there glyphosate in Girl Scout Cookies?

Glyphosate is widely used in agriculture in accordance with established EPA standards and is found nearly everywhere in the food chain. Trace amounts of glyphosate can be found in fresh fruits, vegetables, cereals, baked goods, and other food and beverage commodities. It is never added as an ingredient to our Girl Scout Cookies.

Are Girl Scout Cookies from one state different than those in another?

We currently use two licensed bakers for our Girl Scout Cookies. Depending which baker councils use, the recipes and names may be different. For instance, Samoas® may be called Caramel DeLites® in another state. Regardless of where you purchase your cookies, both our bakers adhere to the FDA and EPA standards and regulations.

Where can I learn more about food ingredients and safety?

More information can be found on the FDA website at: <https://www.fda.gov/food/chemical-contaminants-pesticides/environmentalcontaminants-food>