



## Girl Scout Cookies are safe to eat!

*(unless you're eating more than 9,000 a day!)*



**Yes, Girl Scout Cookies are safe to eat!** They are manufactured to meet all food safety regulations.

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.

### Key Facts:

from [snopes.com](https://snopes.com)

- Self-described consumer groups Moms Across America and GMOScience posted lab reports in which Girl Scout cookies tested positive for heavy metals and the herbicide glyphosate.
- Lab reports showed glyphosate and the naturally-occurring heavy metals in the cookies were at levels **well within the safety guidelines for food established by the FDA, EPA and CDC.**
- **It would take a 66 lb. child eating 9,000 cookies in one day to approach the dangerous levels as defined by the FDA.**



Visit [snopes.com](https://snopes.com) for more information!



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