

National Cookie Day Deals and Freebies at Subway, Potbelly, Insomnia Cookies and More

On Dec. 4, Subway is offering footlong cookies at a one-of-a-kind "Cookieway" popup.



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National Cookie Day is Dec. 4. That's a good three weeks before Christmas, so you have plenty of time to indulge in delicious morsels before you have to leave cookies out for Santa.

National Cookie Day was inaugurated as a "holiday" in 1987 by Matt Nader, owner of San Francisco's Blue Chip Cookie Company.

"It's just like having National Secretaries Day," Nader told the [Los Angeles Times](#) at the time. "It will just be a fun thing to do."

The origins of the cookie, though, are a bit fuzzier: Some point to [the oatcakes](#) that first-century Scots munched on while traveling, while others look to [bakers in seventh-century Persia](#), who made mini "cakes" to test their ovens.

By the 14th century, sugar was more readily accessible across Europe, and even modest households could produce what we would recognize today as cookies. In 1390, the culinary guide *Libro de Cucina* included a recipe for Ciambella de Monaco ("little cakes of Monaco"), small round biscuits made with flour, sugar and a lot of eggs.

Below, check out the growing list of companies celebrating National Cookie Day with free cookies, discounts and more. And check back again for updates.

Real Cookies



Real Cookies' Holiday Dip & Sprinkle Cookie Decorating Kit.

Real Cookies/Will Engelmann

Connecticut-based Real Cookies is offering 25% off online orders from Sunday to Dec. 10 when you use discount code `CookieDay2022` at checkout.

The deal also applies to limited-edition products like the Holiday Dip & Sprinkle Cookie Decorating Kit and the You're Awesome Box, a sampler of six Chocolate Chip, Peanut Butter Chocolate Chip and Lemon Blueberry cookies with pop-open note cards.