

## Media Release

# SBS News' Cost of Living Secrets podcast returns to tackle one of the key issues of the Federal Election campaign

7 April 2025

**How much can you stretch the Aussie dollar? Thinking of starting a side hustle? What kind of financial planners are out there, and do you even need one?**

SBS News Presenter and Finance Editor Ricardo Gonçalves and journalist Peggy Giakoumelos uncover more ways you can save as the cost of living becomes a hot topic in the upcoming Federal Election. In the new season of *Cost of Living Secrets*\*, each episode features one guest expert sharing valuable insights.



(L-R) SBS News Presenter and Finance Editor Ricardo Gonçalves and journalist Peggy Giakoumelos

From subscriptions to insurance, side hustles to financial planning, and much more, Giakoumelos and Gonçalves sit down with the experts to learn more about the strategies used to get you to spend more, and more importantly, what you can do to spend less.

"Inflation may be easing, but that doesn't mean that it is down. In fact, prices are still higher than where they were a year ago. That's why it's still important to make sure consumers are armed with as much information as possible about how they can make



their dollar stretch further," said **SBS News Presenter and Finance Editor Ricardo Gonçalves**.

"I'm excited to share Season 2 of the *Cost of Living Secrets* podcast, as Peggy Giakoumelos and I speak with experts in their field about the simple things everyone can do to save money, in an easy-to-understand way."

**SBS Journalist Peggy Giakoumelos** said, "Like lots of people I struggle to manage simple things, like forgetting to cancel a subscription when I no longer need it. Side hustles for additional income are also becoming more common – but there are gender differences with women less likely to charge people appropriately for their services."

The six-part series features one expert per episode to explore the simple ways Australians can save money on life's essentials. In the opening episode, Giakoumelos and Gonçalves explore the best ways to promote a side hustle and what you should be charging, with **Amanda Rose**, founder and CEO of Western Sydney Women.

*Cost of Living Secrets* is one of a raft of exciting new podcasts being released by SBS, the Australian Podcast Publisher of the Year for the past three years. Others include:

- *SBS World News Weekly* - the go-to podcast for all the latest international news.
- *Party Time* - a weekly show giving young voters a crash-course in politics and the electoral process. [Read more.](#)

*Cost of Living Secrets* is available on YouTube, the SBS Audio app, LISTNR and wherever you stream podcasts.

*\*Cost of Living Secrets is general in nature and is not intended as financial advice; you should consult with a licensed professional to make the decisions that are right for you.*

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