



Jan. 3, 2025

HIGHLIGHTS FOR ABC NEWS' 'GMA3: WHAT YOU NEED TO KNOW,' JAN. 6-10

The following report highlights the programming of ABC's "GMA3: What You Need to Know" during the week of Jan. 6-10. "GMA3: What You Need to Know" is a one-hour program co-anchored by Eva Pilgrim and DeMarco Morgan. The news program airs weekdays at 1:00 p.m. EST | 12:00 p.m. CST on ABC, and 4:00 p.m. and 6:00 p.m. EST on ABC News Live.

Highlights of the week include the following:

Monday, Jan. 6 – Actor **Tim Allen** ("Shifting Gears"); Money Monday series featuring **Tiffany Aliche**, aka the Budgetnista, sharing tips on how to reach your 2025 financial goals; ABC News correspondent **Alexis Christoforous** interviews New York City-based mom **Jackie Ceonzo** about her program SNACK*, which helps young people with special needs

Tuesday, Jan. 7 – Bestselling author and podcast host **Rachel Hollis** ("What if YOU are the Answer?"); Editor-in-Chief **Jamila Robinson** (Bon Appétit and Epicurious); actors **Gerard Butler** and **O'Shea Jackson Jr.** ("Den of Thieves 2: Pantera")

Wednesday, Jan. 8 – Activist and artist **Darryl McDaniels** ("1 Million Strong"); Deals & Steals with ABC e-commerce editor **Tory Johnson**; chef **Jamie Oliver** shares recipes from his new cookbook ("Simply Jamie"); author and celebrity fashion designer **Thai Nguyen** ("Say I Do" and "Mai's Áo Dài")

Thursday, Jan. 9 – Author **Michael Chad Hoepfner** ("Don't Say Um"); ABC News correspondent **James Longman** previews his new book ("The Inherited Mind"); Byrdie's **Star Donaldson** shares winter skincare tips

Friday, Jan. 10 – Executive recruiter and career coach **Meghan Houle** shares tips for landing your dream job in 2025; an interview with the new **Miss America 2025**

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