Use JSON as the data interchange format between the frontend and backend. When making requests from Java to Python, encode the request data as JSON and send it over HTTP. In Python, decode the JSON data and process it accordingly. Similarly, when sending responses back to Java, encode the data as JSON.

Develop a RESTful API in Python using a framework like Flask or Django. Expose endpoints for functionalities such as adding expenses, retrieving expenses, updating expenses, etc. The Java frontend can make HTTP requests to these API endpoints using libraries like HttpClient, OkHttp, or frameworks like Spring RestTemplate.