Filed Pursuant to Rule 433 Dated July 12, 2006 Registration Statement No. 333-135159 Supplementing Prospectus Supplement Dated July 12, 2006 and Prospectus dated June 20, 2006

Federal Realty Investment Trust

6.00% Notes due 2012

Term sheet dated July 12, 2006	
Size:	\$120,000,000
Coupon (Interest Rate):	6.00% per year
Yield to Maturity:	6.02%
Spread to Benchmark Treasury:	93 basis points
Benchmark Treasury:	4.375% UST due August 15, 2012
Benchmark Treasury Yield and Price:	5.09%; 96-09 1/4
Interest Payment Dates:	January 15 and July 15
First Payment Date:	January 15, 2007
Maturity Date:	July 15, 2012
Price to Public:	99.901% of principal amount
Settlement Date:	T+3; July 17, 2006
Record Dates:	December 31 and June 30
Aggregate Price to Public:	\$119,881,200
Underwriting Discount	0.6125%
Net Proceeds to the Company before Expenses:	\$119,146,200
Redemption Provision:	Make-whole call at any time based on U.S. Treasury plus 0.15% (fifteen one-hundredths of one percent)
Dealer Concession:	0.350%
Reallowance:	0.250%
CUSIP:	313747AM9

Joint Book-Running Managers:	Wachovia Capital Markets, LLC Citigroup Global Markets, Inc.	\$ 48,000,000 \$ 36,000,000
Co-Managers:	Bear, Stearns & Co. Inc. Commerzbank Capital Markets Corp. Piper Jaffray & Co. PNC Capital Markets LLC SunTrust Capital Markets, Inc.	 \$ 7,200,000 \$ 7,200,000 \$ 7,200,000 \$ 7,200,000 \$ 7,200,000
6.20% Notes due 2017		
Term sheet dated July 12, 2006		
Size:	\$130,000,000	
Coupon (Interest Rate):	6.20% per year	
Yield to Maturity:	6.24%	
Spread to Benchmark Treasury:	113 basis points	
Benchmark Treasury:	5.125% UST due May 15, 2016	
Benchmark Treasury Yield and Price:	5.11%; 100-03+	
Interest Payment Dates:	January 15 and July 15	
First Payment Date:	January 15, 2007	
Maturity Date:	January 15, 2017	
Price to Public:	99.696% of principal amount	
Settlement Date:	T+3; July 17, 2006	
Record Dates:	December 31 and June 30	
Aggregate Price to Public:	\$129,604,800	
Underwriting Discount	0.650%	
Net Proceeds to the Company before Expenses:	\$128,759,800	
Redemption Provision:	Make-whole call at any time based on U.S. Treasury plus 0.20% (twenty one-hundredths of one percent)	
Dealer Concession:	0.400%	
Reallowance:	0.250%	

CUSIP:	313747AN7	
Joint Book-Running Managers:	Wachovia Capital Markets, LLC Citigroup Global Markets, Inc.	\$ 52,000,000 \$ 39,000,000
Co-Managers:	Bear, Stearns & Co. Inc. Commerzbank Capital Markets Corp. Piper Jaffray & Co. PNC Capital Markets LLC SunTrust Capital Markets, Inc.	 \$ 7,800,000 \$ 7,800,000 \$ 7,800,000 \$ 7,800,000 \$ 7,800,000 \$ 7,800,000
Estimated Expenses of the Company Excluding Underwriting Discount:	\$300,000	

The issuer has filed a registration statement (including a prospectus) with the SEC for the offering to which this communication relates. Before you invest, you should read the prospectus in that registration statement and other documents the issuer has filed with the SEC for more complete information about the issuer and this offering. You may get these documents for free by visiting EDGAR on the SEC Web site at www.sec.gov. Alternatively, the issuer, any underwriter or any dealer participating in the offering will arrange to send you the prospectus if you request it by calling Wachovia Capital Markets, LLC toll-free at 1-800-326-5897 or Citigroup Global Markets, Inc. toll-free at 1-800-858-5407.

Any disclaimers or other notices that may appear below are not applicable to this communication and should be disregarded. Such disclaimers or other notices were automatically generated as a result of this communication being sent via Bloomberg or another email system.