Filed Pursuant to Rule 433 Dated October 8, 2020 Registration Statement No. 333-224701 Relating to Preliminary Prospectus Supplement Dated October 8, 2020 to Prospectus dated May 7, 2018

Federal Realty Investment Trust 1.250% Notes due 2026

Term Sheet dated October 8, 2020

Issuer:	Federal Realty Investment Trust
Security:	1.250% Notes due 2026 (the "Notes")
Expected Ratings*: (Moody's / S&P)	A3 / A-
Aggregate Principal Amount:	\$400,000,000
Trade Date:	October 8, 2020
Settlement Date:	October 13, 2020 (T+2)
Maturity Date:	February 15, 2026
Interest Payment Dates:	February 15 and August 15, beginning on February 15, 2021
Benchmark Treasury:	0.250% due September 30, 2025
Benchmark Treasury Price/Yield:	99-19+ / 0.329%
Spread to Benchmark Treasury:	+105 basis points
Re-Offer Yield:	1.379%
Coupon (Interest Rate):	1.250% per year
Price to Public:	99.339% of the principal amount, plus accrued interest, if any, from October 13, 2020
Redemption Provision:	At any time before January 15, 2026, make-whole call based on U.S. Treasury plus 20 basis points (0.20%); if redeemed on or after January 15, 2026, at 100% of the principal amount of the notes being redeemed, in each case plus accrued and unpaid interest thereon to, but excluding, the

redemption date

CUSIP/ISIN:313747 BB2 / US313747BB27Joint Book-Running Managers:BofA Securities, Inc.
Deutsche Bank Securities Inc.
J.P. Morgan Securities LLC
Wells Fargo Securities, LLC
Citigroup Global Markets Inc.
Jefferies LLC
U.S. Bancorp Investments, Inc.Co-Managers:Regions Securities LLC
Scotia Capital (USA) Inc.
TD Securities (USA) LLC
Truist Securities, Inc.

* Note: A securities rating is not a recommendation to buy, sell or hold securities and may be subject to revision or withdrawal at any time.

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